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# Are you relaxing yet?

## Give you self-space and dwell in “doing nothing”

- Lie down on your back in a gentle heart-opening position. Place a rolled blanket across your thoracic spine, place your arms at your sides above the roll, breathe into your heart space, exhale through your abdomen. Your chest expands, your breath can flow freely.

- **Supta Padangushthasana:** Lie on your back and put your feet up. If necessary, put a pillow under your head so that your neck is long. Pull one bent leg towards the chest with both hands, pause for a few breaths and then stretch it towards the ceiling. Hold your leg comfortably with both hands, relax your shoulders and back. **Simplification:** Place a rolled bath towel around your leg or over your foot and hold your leg with it. **Variation:** Stretch your other leg out on the floor in a relaxed position.

- **Jathara Parivartanasana** – lying back twist: In supine position, place your legs bent on one side, possibly place a cushion under or between your knees so that both shoulders and arms (on the sides at heart level) can rest on the floor.

### Tips:

1. Settle comfortably into a relaxed position in which a stretch is hardly noticeable.  
Use blankets and pillows to help.
2. Stay in one body position for 3–7 minutes, close your eyes, inhale and exhale calmly through your nose.
3. Slowly release the position, stay in a relaxed supine position before changing sides or moving to the next position.