



Tomsterdam BodySmarts

Intelligent solutions for body problems

Alexander Technique with Tom Koch
Certified teacher since 1987, member of NeVLAT

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Constructive rest practice



- At least one session of 15 minutes (not longer) each day
- Surface should be comfortably firm, not hard or soft
- Books to prevent head back-and-down

Directions to think, not to do:

- Let the neck be free to fall back-and-up (away from the body)
- Let the head and face release away from the spine
- Let the back lengthen and widen to fall back-and-up along the floor towards the head
- Let the knees release forward-and-away from the hips and the ankles
- Let the elbows widen out to the sides to let the shoulders widen
- Let the ribs be free to breathe with the whole trunk (including the pelvic floor)
- Think the directions one after the other all at the same time
- Think to do less. Now do less than that.

If you find yourself feeling frustrated, remind yourself that there is nothing here to “do”, only to think, and nothing specific to “feel”, only to notice.

It is helpful to keep your eyes glancing around to avoid staring.

Avoid jumping up to your feet after a session of rest. Think your directions and let your head lead your body. It is easier for most people to roll onto the side, then to hands and knees before trying to stand. However you choose to move, continue thinking to free the neck and let the spine lengthen throughout the process.