

Principles:	Awareness	Inhibition	Direction:	Neck/Head	Back	Legs	Arms	
	based in the present moment - direct experience	Non-doing; quieting the central nervous system; ceasing to send action messages to the body; non-generation of thoughts	Sending simple, direct messages to the self. Once habitual messages are not being sent (inhibition), you can consciously choose to send the following energetic wishes in your body:	I allow my neck to be free, to allow my head to move forwards and upwards of my spine	which allows my whole torso to follow, releasing into length, width, and depth	which allows my legs to release away from my torso	which allows my arms to release away from my torso	begin at the beginning again

ACTIONS:

1. Lie on the floor on your back on a rug or some slightly soft surface that will be comfortable for 15 minutes.
2. Place 1/2 books behind your head on the floor; not enough books and you will be crunching the back of your neck; too many books and you will be jamming up the front of your neck. Lie with your legs extended, heels softening into the floor. Extend your arms along the floor at your sides, or fold at the elbows and rest your hands on your ribs.
3. Quiet yourself. Let your whole body be supported by the floor. Give up holding the weight of your body up with muscle energy; let the floor do all the work. Quiet yourself some more.
4. Use awareness to stay in the moment. Notice what you are seeing, what you are hearing, how the air feels as it flows in and out of your nose/mouth.
5. Continuing to be aware of something in your environment, think your directions. Thinking your directions may cause movement to occur in your body, but it is not a muscular doing. The movement is an un-doing.
6. Make a movement with one of your legs. Notice what happens in your torso, arms, neck, and head when you make this movement. If you are gripping your neck, lifting your ribs or another part of yourself off of the floor, notice this activity in yourself. Quiet the habitual activity, send your inhibitory directions to free your neck, etc. in sequence; coordinate this thinking with the movement of your leg. Give yourself time to notice how the thought affected your movement and your contact with the floor.

FUN MOVEMENTS TO DO WITH LEGS:

Roll your foot in and out, heel rolling on the floor. Lead the movement to roll in with your big toe; lead the movement to roll out with your little toe. Let the bones follow the rolling movement. The movement of your toe will be reflected by a rolling of your femur bone in the hip socket. Do this while NOT LIFTING your leg off of the floor.

Flex and point your foot without lifting the weight of your leg off the floor.

Bring your heel back towards your torso, folding at the knee, and place your foot on the floor close to your pelvis.

A variation on the previous movement: lead the movement of folding your leg by bringing your big toe towards your head, and let your knee rotate outwards a little bit to facilitate this spiral of your leg. Bring your toe/knee all the way up into your chest, as close to your head as you can. Place your foot on the floor close to your pelvis

Repeat with the other leg.

7. Fold your legs, one at a time, so that both of your feet are under your pelvis, your knees pointed towards the ceiling. Wiggle/snake/jiggle your back along the floor, letting it move into length to accommodate the new position of your legs.
8. While thinking your directions, especially NOT lifting the weight of your head off of the floor, look down with your eyes towards your toes. Allow your head to move freely at the top of your spine in response to the movement of your eyes, without gripping any of the muscles in your neck or torso. Look up behind your head; look around the room, exploring the boundaries of your peripheral vision. Notice if you assist this movement by holding your breath, gripping your jaw, your neck, or your shoulders. Use your thinking to make small movements with your eyes.

Try making these movements on an exhale, letting your body rest while you inhale.

9. Make a movement with one of your arms. Notice what happens in your legs, torso, neck, and head when you make this movement. If you are gripping your neck, lifting your ribs or some other part off of the floor, notice this activity in yourself. Quiet yourself, send your inhibitory directions to free your neck; combine this thought with the movement of your arm. Give yourself time to notice how this thought affected your movement and your contact with the floor.

SOME FUN MOVEMENTS TO DO WITH YOUR ARMS:

<p>Wiggle your fingers.</p>	<p>Start with your palm up. Rotate your palm towards the floor by rotating your thumb over your little finger. Let the arm bones follow this movement so that your hand rests palm down on the floor, without pushing at your elbow or shoulder. Rotate your hand back the other way, lengthening your little finger along the floor.</p>	<p>Palm facing up, fold your fingers towards your shoulder joint, bending at the elbow without lifting the weight of the upper arm bone off the floor. Do this without gripping your elbow or shoulders. The bones of your arms follow your hand. Unfold the elbow and let the arm rest extended.</p>	<p>Lead with your fingertips, folding at the wrist and elbow and shoulder joint to reach your fingertips towards the ceiling.</p>	<p>Brush your hands lightly on the floor without lifting the weight of the arm off the floor. Brush both palm and back of hand along the floor. Let your hand lead the movement, not locking at elbows or shoulders. The bones of your arms follow your hand. Brush your hands along the floor around your body in different patterns.</p>
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Repeat with the other arm. If you reach one of your arms across your body, and allow the movement to sequence through your torso, following your hand with your eyes, you can roll over a few times.

Try making the movements of your arm on an exhale, following the length of your breath to complete a flexion (folding) or extension (unfolding).

10. Return to your back with your knees up and take some time to quite yourself. Look up over one shoulder to the corner behind you, folding the same leg into your torso on the side towards which you are spiraling. Coordinate the movement of your leg with the movement of your eyes. Free your neck in order to let your head follow your eyes, not lifting the weight of your head off the floor. Bring your leg down and eyes back to center. Give yourself time to notice the effects of your thinking and moving. Repeat the movement on the other side.
11. Do a whispered ah while thinking of something funny. See if you can smile, open your jaw wide, and let the air out on an AH sound without gripping your neck!

12. Look over one of your shoulders, keep looking in a spiral direction. Mobilize your body underneath you on an exhale as you follow the spiral movement of your eyes, your head follows your eyes, your head leads and your torso follows, your arms and legs fold under you and assist your movement up off of the floor as you continue to spiral until your legs are underneath you and you are standing. Voila!

Note: This sheet is intended for people who have taken a group class or learned how to give themselves a floor lesson in private study. You can choose your own combination of movements to experiment with, or you can make up your own. It's more important HOW you do these movements than which movements you do. Take time to notice how your use of the Alexander principles affects the quality of your movement and your breathing.

HAVE FUN! REMEMBER THE DOING NOTHING PART, IT'S THE KEY TO EVERYTHING.