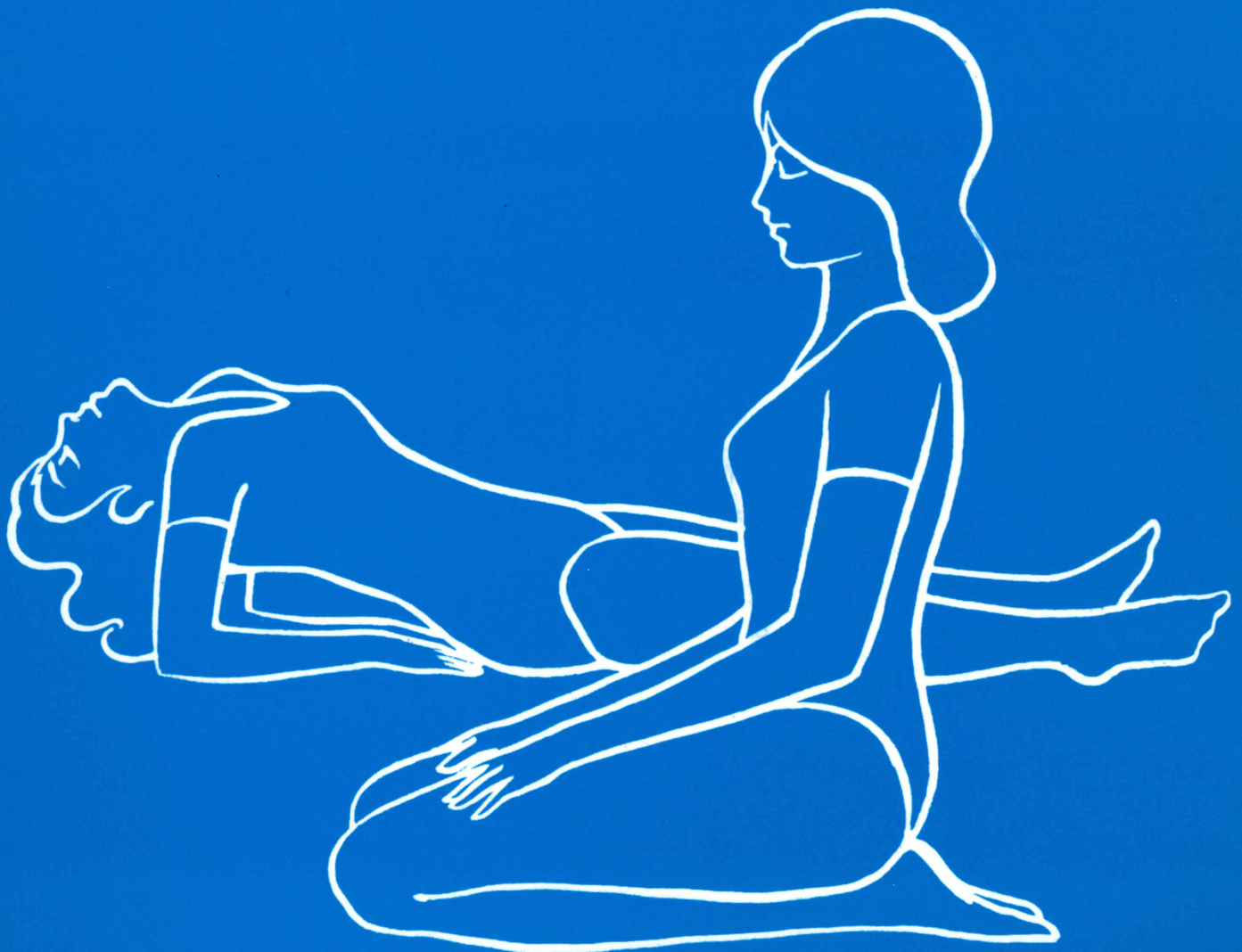


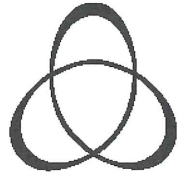
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EUTONY GERDA ALEXANDER[®]

Gunna Brieghel-Müller



Release of Physical and Mental Tension



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Release of Physical and Mental Tension

GUNNA BRIEGHEL-MÜLLER

Translated from the French by Joan Deedes

Illustrations by Jacques Savary

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assured and the temperature agreeable, lie down on a blanket spread on the floor with your arms alongside your body (fig.1).



fig.1

For this exercise, there is no need to be dressed in a particular way. It is only necessary to remove your shoes and possibly loosen your belt or tie. It is important not to feel cold.

Your arms are normally placed to the side, hands half open, palms facing in, your legs slightly apart and your feet turned outwards. You need not feel bound to copy this position exactly, for it may be necessary to make small modifications before finding a position in which you are really able to let yourself go and feel a sensation of complete repose. Many people prefer to place their arms closer to their body with palms of the hands facing down, while others place their arms further away from their body with palms of the hands facing up. If rest cannot be found in one of these positions, your forearms can be placed on a cushion or on your body itself. With regard to your legs, you may find it preferable to put two cushions or a bolster under your knees to lessen the arch of your back. If you have a slightly hunched back you can avoid your head from dropping backwards by placing beneath it something of sufficient thickness to give support such as a book, a folded blanket or a firm flat cushion (fig.2).



fig.2

Finally, for a very arched back, you should lie near an arm-chair or sofa on which to rest your legs. Your calves and feet will feel agreeably relaxed with the support at the correct height. In this position your back remains flat and the arching is reduced without effort (fig.3).

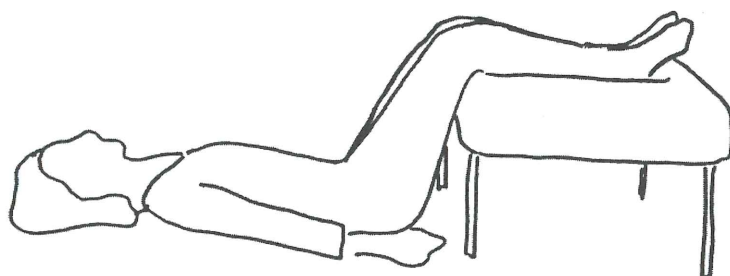


fig.3