

Day 81 | Monday, 8 June 2020
From the Church Mouse an exercise

Step 4: Turn Upside Down

Stack a few pillows or folded blankets on the floor beside your bed. Sit on the stack along-side the bed, knees bent, one hip touching the bed. Place your hands behind you for support as you roll back, (or pivot) swinging your feet up over the bed. You should end up with your buttocks and hips on the stack and your legs hooked up over the top edge of the bed.

Lie with your upper back and shoulders resting firmly, arms resting on the floor above your head. In other words, you are lying on the floor, arms above your head, buttocks resting on the pillows and your calves flat on the bed. Close your eyes, relax, and breathe deeply. Remain in this position for up to five minutes. Rise slowly, lie down and drift off.