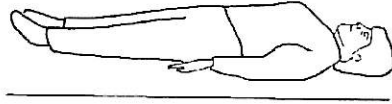




(A) Resting Positions

First, find the most suitable and comfortable position for students to rest for a period. In general, the best position is to lie on the floor supine and straight, as described in Resting position 1, below. However, it may be necessary for a particular student to adopt a modified resting position, which could be sitting either on the floor or in a chair. The different positions that students find best for relaxing are:

Resting position 1



Lying with legs straight and arms beside body.

Resting position 2



Lying with head supported with three pillows, knees bent, feet placed on floor, and hands resting on diaphragm.

Resting position 3



Lying on one side, in the recovery position, with knees slightly bent, one arm down beside body, the other arm bent up in front.

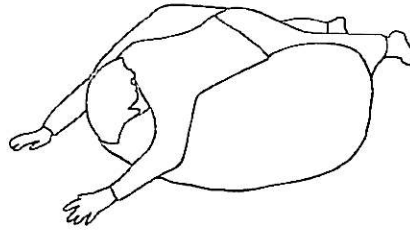
Resting position 4



Lying, supported by cushions arranged in the preferred position for the student.



Resting position 5



Lying on tummy, supported on a big bolster.

Resting position 6



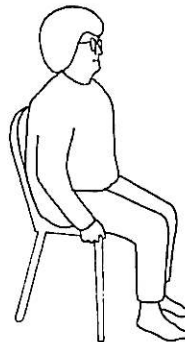
Lying on tummy, with forehead resting on back of hands.

Resting position 7



Sitting on the floor.

Resting position 8



Sitting on a chair.