

Rest in *real* peace.



INSTANT BLISS

Here's an instant (well, almost) unwinder and tension tamer that you can do just about anywhere. Evan Berk, a Beverly Hills chiropractor, recommends that you spend at least ten minutes daily in the supported-back pose (above): Lie down with one small pillow (or rolled towel) tucked under your knees and another supporting your cervical spine (where your neck and shoulders meet). Your head should tilt back slightly. Take slow deep breaths and melt into bliss. "This position takes the pressure off the lower back and places your neck in its optimal curved alignment," Berk explains. It's also an ideal position for drifting off into sleep.