

EASY NECK STRETCH (FROM STANDING OR SEATED)

Gently turn your head from right to left (moving on an inhale or an exhale).



Drop your chin to your chest, place both hands on top of your head and gently press the head down (hold for 5 breaths).



Allow the head to fall back, look to the ceiling, relax your face (5 breaths).



Gently roll your head around in a clockwise direction (3 rounds).



Repeat in the opposite direction.



Drop your right ear to your right shoulder. Take your right hand onto the opposite ear and gently pull the head down (take 5 slow, deep breaths).



Repeat on the other side.



Breathe in, lift your shoulders up towards your ears, exhale, drop them down.



Move both shoulders around in a clockwise direction.



Reverse this movement.