



Neck Stretches

One

1. Sit or stand with your spine relaxed.
2. Place your left arm, elbow bent, behind your back.
3. Tilt your head to your right shoulder.
4. Place your right hand on the left side of your head to support the stretch.
5. Inhaling and exhaling allow your left shoulder to drop and relax.
6. Hold for 45 seconds breathing slowly into your abdomen.
7. Repeat to the opposite side.



Two

1. As above but instead of tilting your head to your opposite shoulder, turn your head slightly as if you are smelling your opposite armpit.
2. Inhaling and exhaling allow your shoulders to drop and relax.
3. Hold for 45 seconds breathing slowly into your abdomen.
4. Repeat to the opposite side.



Three

1. Sit stand with your spine relaxed.
2. Interlock your fingers and place them at the back of your head.
3. Allow your head to drop forward.
8. Inhaling and exhaling hold for 45 seconds breathing slowly into your abdomen



Note:

Enjoy doing twice a day.

Stretches are not intended to be painful, please stretch within your comfort zone.