

## STRETCH SESSION 5

### Concentrating on the head and neck

- Stand up straight. Inhale, lift crown (top) of the head up. Exhale chin down, inhale up, chin towards the sky. Exhale to center and down to chest. Inhaling up chin all the way up. Exhaling back to neutral.
- Ear to shoulder: inhale, lengthen, exhale, drop the right ear towards the right shoulder. This is a curve for the neck. Going deeper, bring right hand up, place it on left side of the head, gently apply just a touch of pressure, deepening the stretch. Feel stretch in left side of neck down into shoulder. Push with left palm towards the floor, increasing the stretch. Count to 3 and release.
- Repeat chin up and down 3 times
- Repeat ear to shoulder on opposite side, bringing left ear to left shoulder, using left hand on right side of head, pushing right palm toward floor. Release.
- Gently move head side to side, perhaps a trace a sideways figure 8 with chin to release.