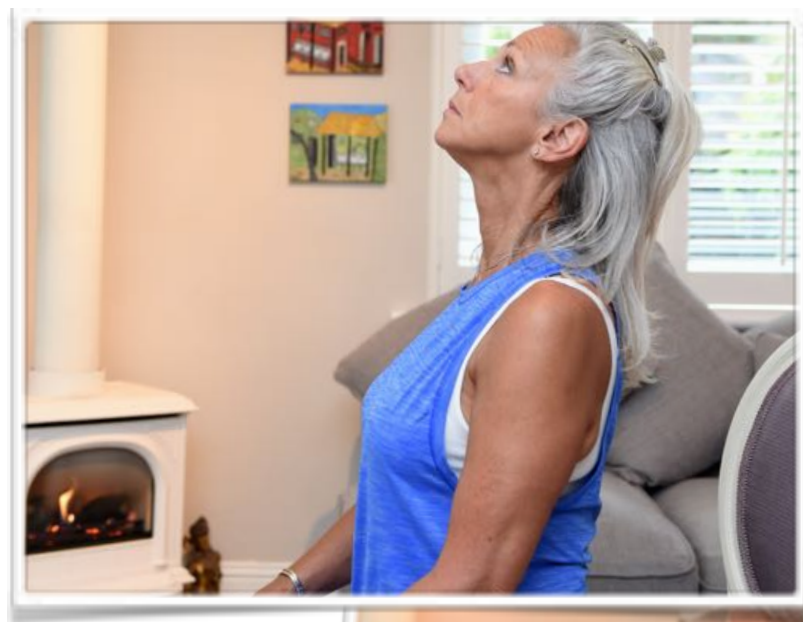


Neck Rolls

Essential exercise for the communication
for the central nervous system



The importance of neck mobility

Simple Movement for a more mobile neck

Modern day stress, bad posture, tension, computer work, old age, lack of movement



1. Sit tall with sit bones centred on the chair and the feet flat on the floor, inhale take your head back



2. Exhale as your chin comes in towards your neck and the head tilts forward, keeping back straight - repeat 3 - 5 times, slowly



3. Sitting tall inhale bring your chin in towards your next to lengthen back of neck then exhale as you tilt ear toward left shoulder



4. Bring head back to centre, chin into neck again then lower right ear toward right shoulder.



5 & 6 Then make complete small Head circles very slowly, exhaling when head goes forward, inhaling sit goes back, change direction regularly, for about 10 circles,