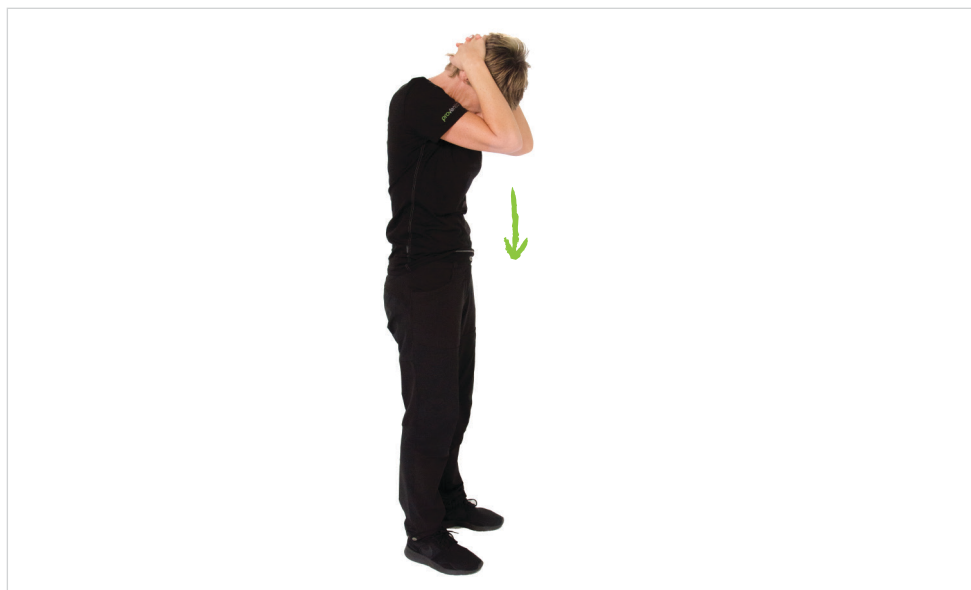


UPPER NECK STRETCH

POSITION

1. Fingers laced together at base of skull.
2. Elbows pointing straight ahead.
3. Look with eyes down to chin and GENTLY pull chin to chest.
4. Hold 10 seconds.



Make sure:

- Eyes look down to chin throughout stretch.

Breathing:

- Breathe out as pull chin to chest.

It is good for:

- Stretching top of neck and upper back.
- Relieving headaches.