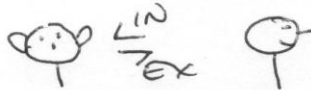


MO Yoga & Fitness – Neck and shoulder exercises

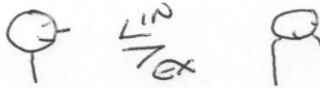
Joint –freeing series: neck and shoulders

Sit on edge of chair, knees lined up with hip bones in front; feet firmly on floor, hands relaxed on thighs

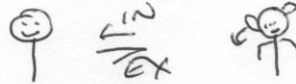
- a. **Head turns:** Inhale, sit tall; exhale, turn head to right. Repeat other side, total of 4 sets. Move with breath.



- b. **Chin tucks:** Inhale, sit tall; exhale tuck chin. Lengthen muscles at back of neck on each exhale. Repeat 8 times. Move with breath.



- c. **Ear to shoulder:** Inhale, sit tall; exhale, bring right ear to right shoulder. Repeat other side. Do 4 sets, alternating sides. Move with breath.



- d. **Shoulder freeing (2 part):** put right hand on left shoulder.
- Inhale, turn nose to right; exhale nose to left. Repeat 4 times. Moving slowly and smoothly with the breath.
 - Inhale turn nose to right, exhale, nose to left while pulling left shoulder towards right. Repeat 4 times.
 - Repeat whole sequence on other side.

