

## Daily Stretches



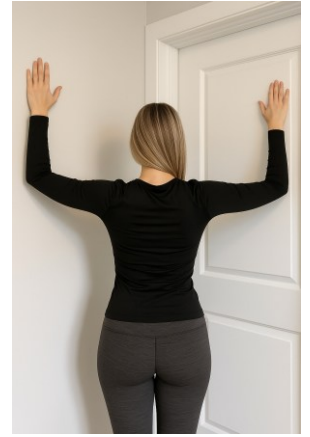
Tilt head – Use hand to provide lateral pressure



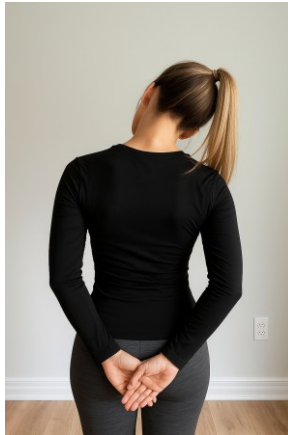
Sit on hand- Tilt head to opposite side



Chin toward armpit- Apply light pressure



Create goalpost shaped arms - Press into a corner



Interlace hands behind – Lift chin and tilt head



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Bend knees – fold over legs grabbing elbows



Grab foot – Pull heel toward glute



Cross ankle over thigh – With a long spine, hinge forward

### Chin Tucks & Shoulder Depressions:

- Sit tall with shoulders relaxed.
- Draw your chin straight back, creating a double chin
- Squeeze your shoulder blades together and draw them down your back.
- Hold 5-10 seconds, repeat 10 times.