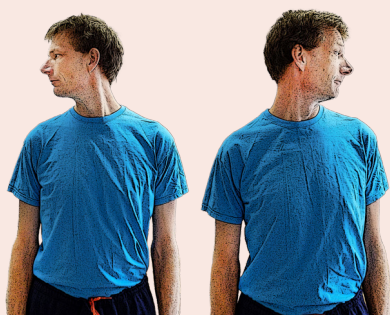


Neck, Shoulder, and Back Relaxer

These simple stretches help ease tension in your body. If you are feeling tense or stressed, your body feels it too. Breathe slowly and deeply, noticing the sensations. By focusing in this way it can give your mind a rest from all the things bothering you.

1a



1b



1c



Neck tilts

5 slow deep breaths, both sides.

Stretch gently and slowly.

Be mindful of how your neck feels.

2



Eagle

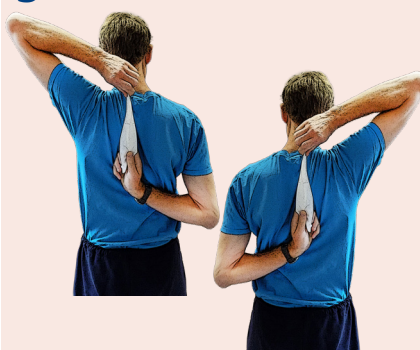
Cross forearms.

Lift to shoulder height.

5 slow steady breaths.

Change sides.

3



Cow Face

Hands behind back.

5 slow steady breaths, both sides.

A sock or towel can help join the hands.

4



Back Stretch

Find a ledge to rest hands on.

Fold over.

Keep neck in line with back.

5 deep breaths.

**For help with your meditation and yoga, write to The PPT:
P.O. Box 328, Oxford, OX2 7HF**

Neck, Shoulder, and Back Relaxer (cont)

5



Shoulder Stretch

Clasp hands behind back.
Let head hang loose.
Lift arms away.
Stay for 5 breaths.

6



Home Pose

Curl inward.
Rest head on hands or fists if helpful.
Knees together or apart.
5 slow steady breaths.

Tips

- Try this every day.
- Use steps 1 to 5 as a warm up before longer sequences.
- A pillow might help with the Floor Twist.

Cautions

- Listen to your body as you move and breathe. You are in charge.
- You choose how long feels right.
- If it hurts, stop.

7



Floor Twist

Drop knees to side.
Open arms sideways, if space.
Twist to look over opposite shoulder.
Stay for 5 slow steady breaths or longer, then swap sides.

8



Rest

Get comfortable.
Tense and relax jaw, shoulders, hands, and feet.
Feel breath flowing in and out.
Count each breath or enjoy the quiet.
Stay for 5 minutes or as long as you like.

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