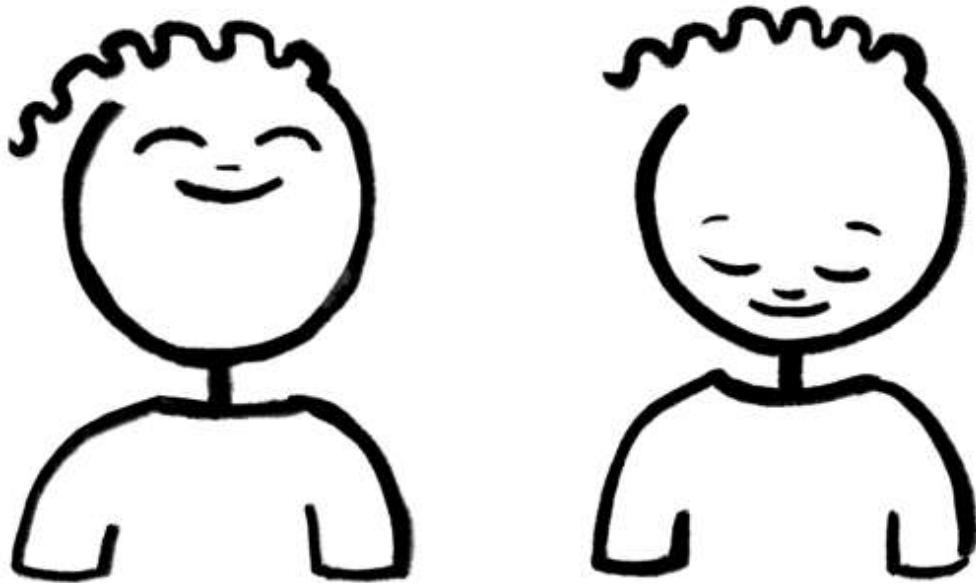




Chin Up and Chin Down

A gentle stretch to relax the neck and throat muscles



“I ask the universe for a song and it sings to me!”

Stand or sit comfortably with face forward and eyes closed. Breathe in as you slowly bring the face up towards the sky. Breathe out as you slowly bring the face down, chin to chest. Repeat for a few rounds. Release and open the eyes.

Caution: Be careful if you have pain in the neck or shoulders.

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Check with a healthcare professional to make sure these exercises are appropriate for you.