



STRETCH

BREAK

Neck and Shoulders Stretch

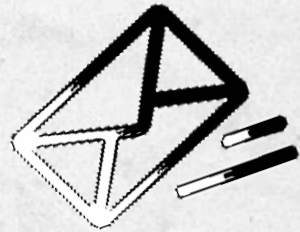


Please take this
time to
WARM UP
before
stretching





Exit



Silence



WARM UP



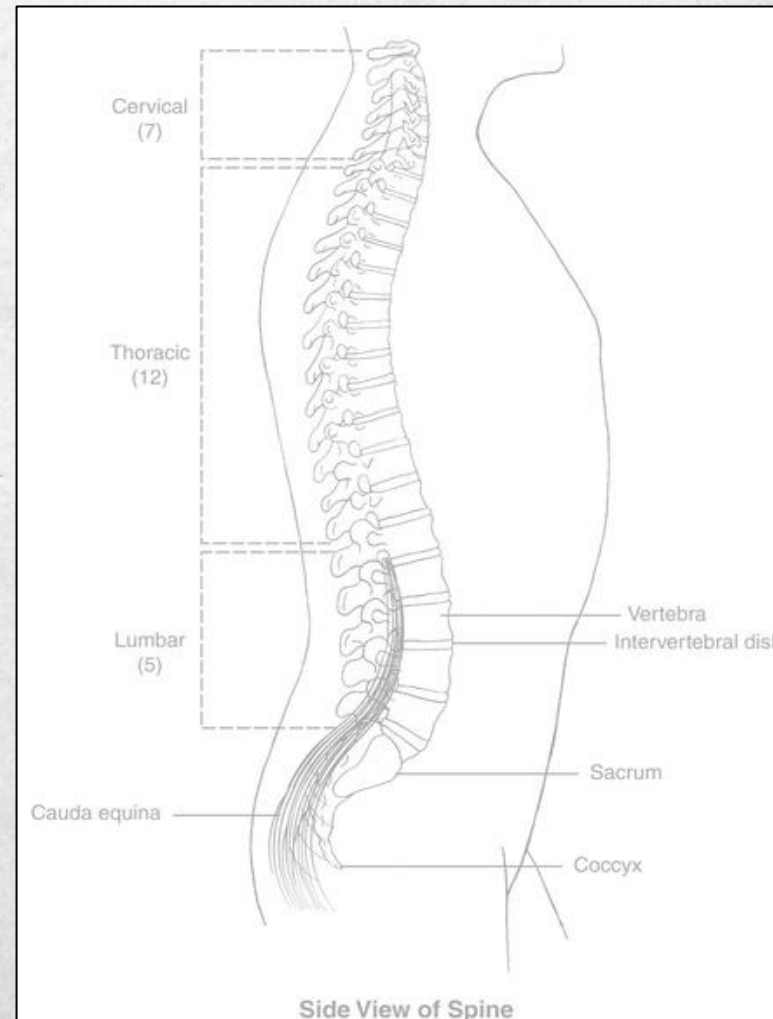
✓ SAFETY

- **Smooth** movement
- **Avoid** “locking” joints
- **Safe** and **comfortable**



✓ POSTURE

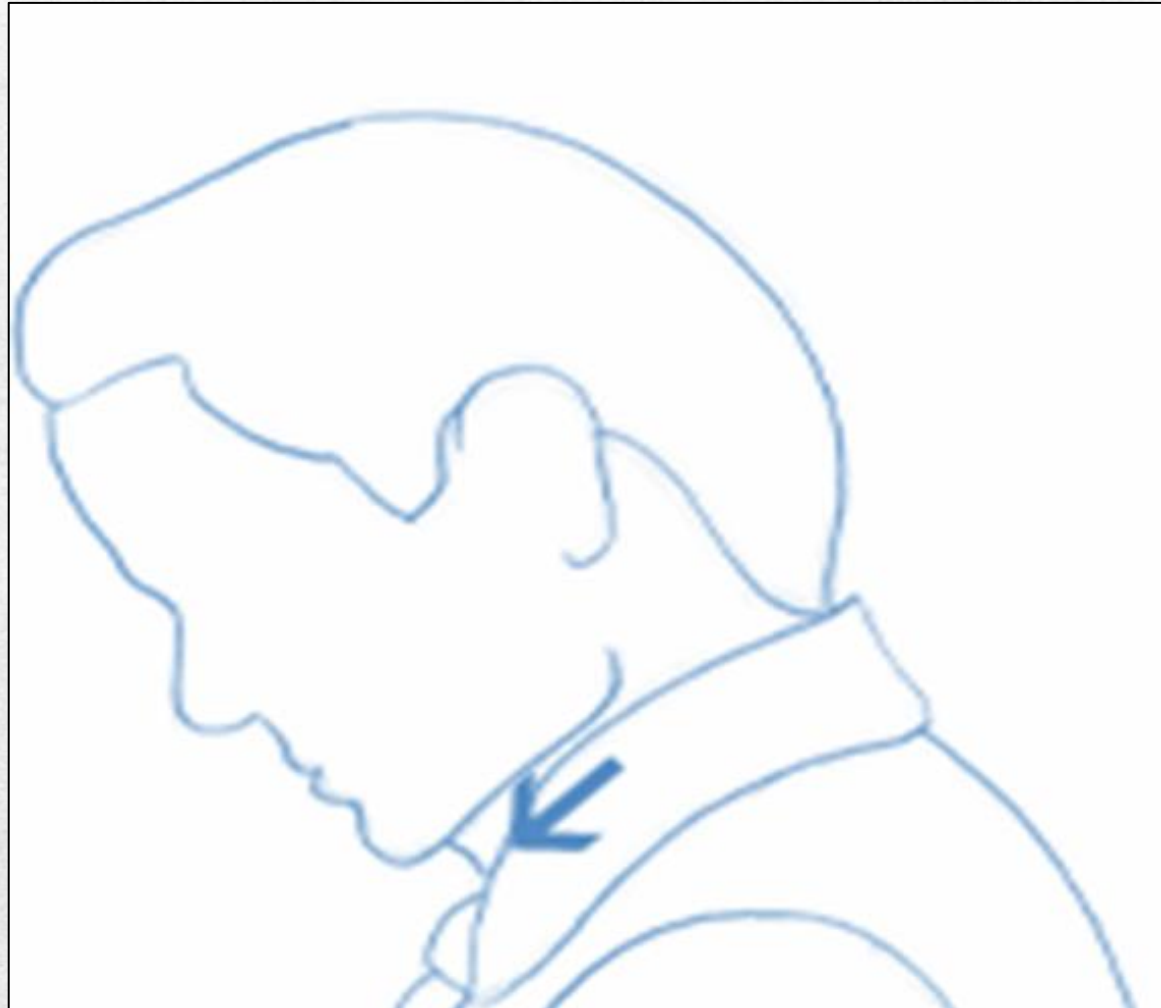
- **Spine** lengthened
- **Head** lifted
- **Shoulders** relaxed
- **Abdomen** engaged
- **Feet** pressed down



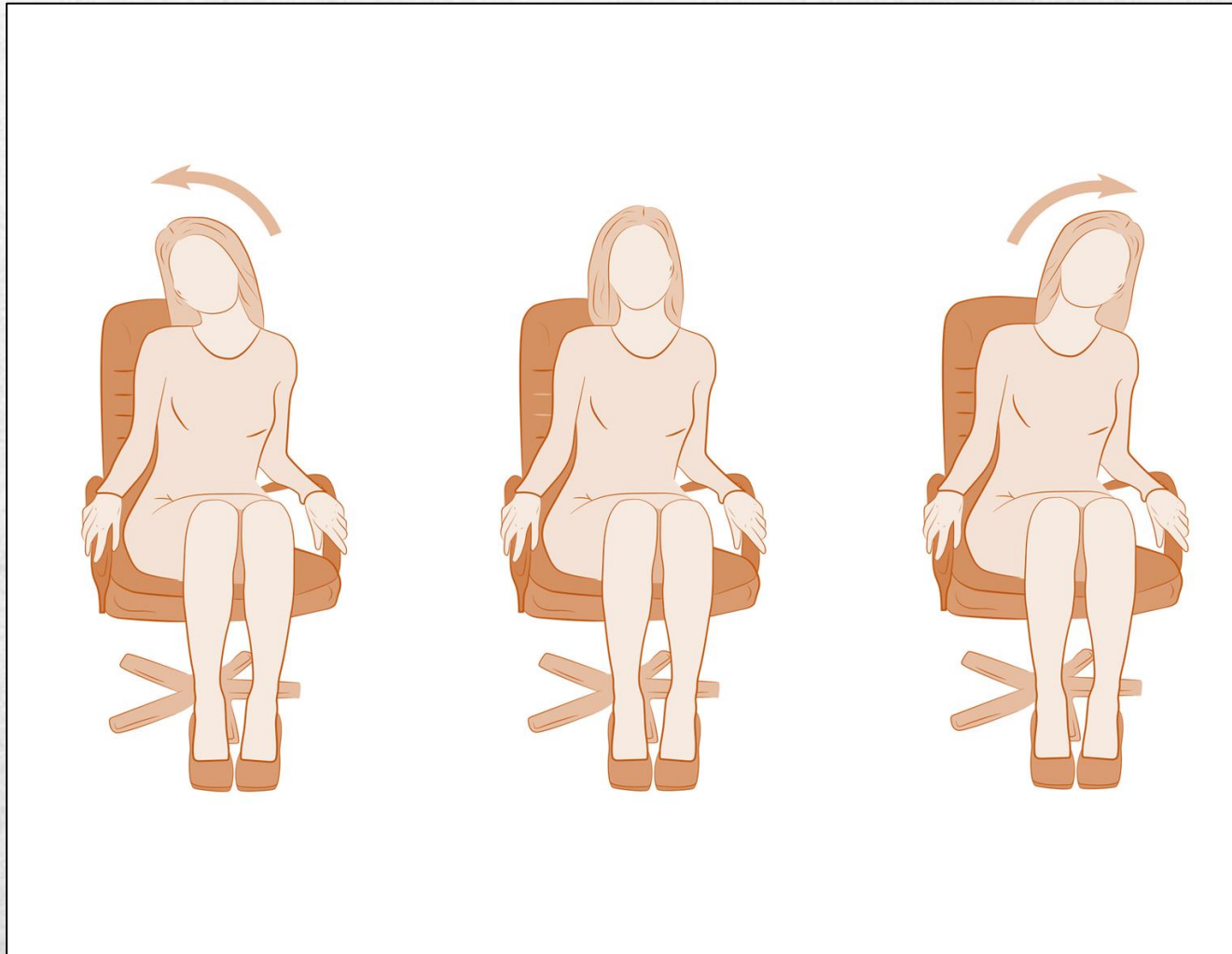


Breathe!

Chin Tuck



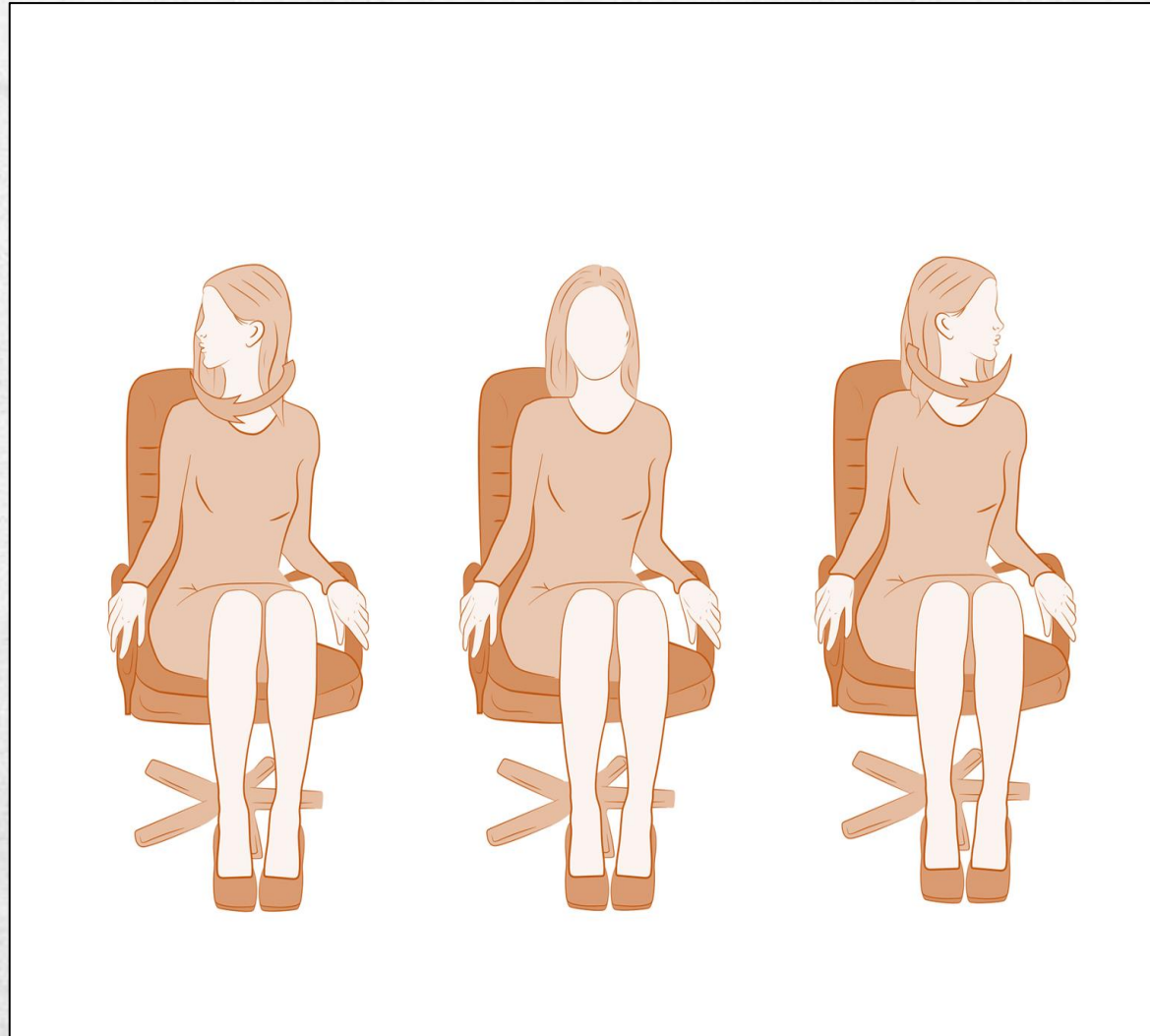
Side Neck



Diagonal Neck



Head Turn



Shoulder Circles



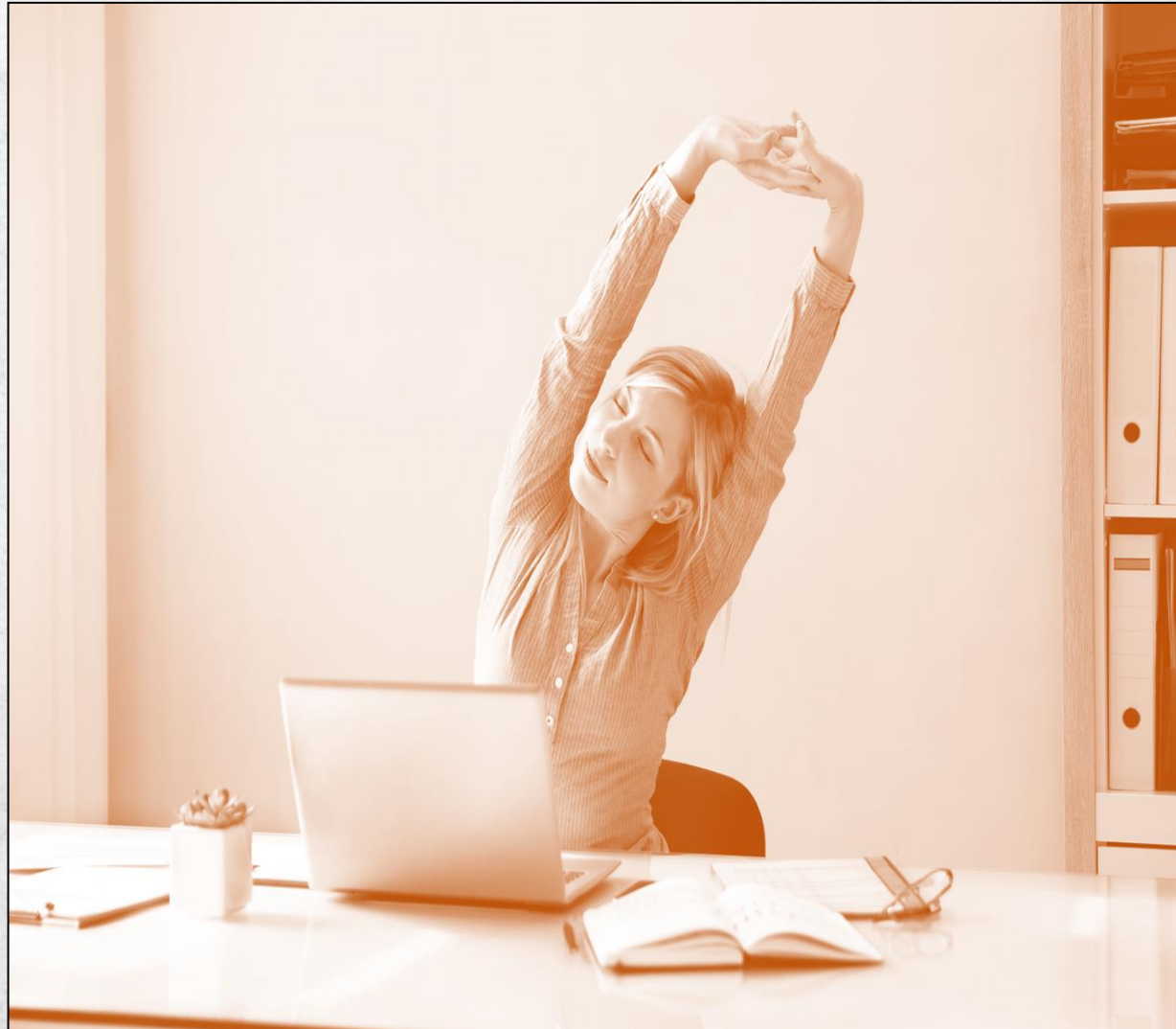
Overhead Reach



Overhead Reach



Side Reach



Behind Head



Shoulder Circles



Contact:

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