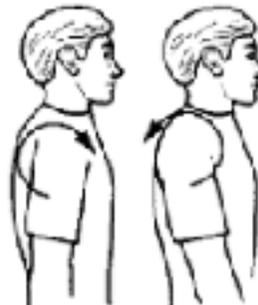


- ❑ Bring your chin in towards your chest.
Slowly roll your head towards the left and then the right. Relax and repeat.



- ❑ Shrug your shoulders, bringing them up towards your ears.

- ❑ Roll your shoulders forward in a circle. Then, roll your shoulders backwards in a circle. Relax and repeat.



- ❑ Try to bring your shoulder blades together in back of you. Relax and repeat.



- ❑ With your arms straight out in front of you, reach forward as far as possible. Relax and repeat.

