


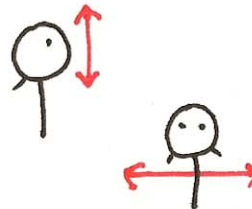
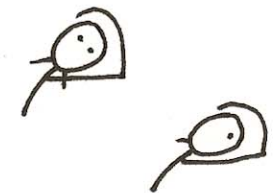


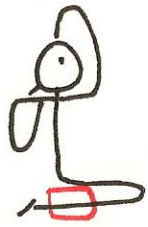


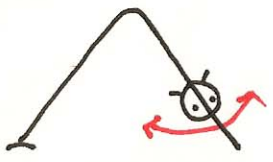


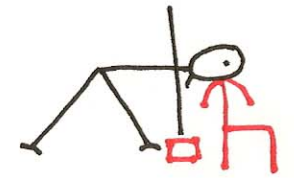
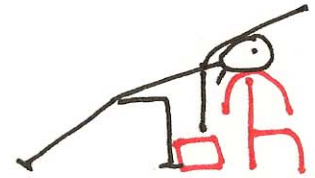
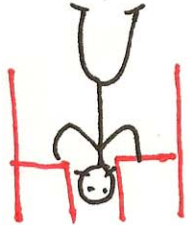

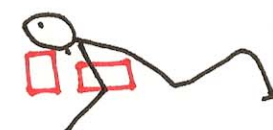
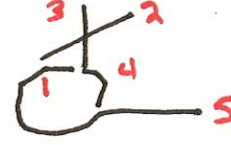



Save Your Neck

Finding ease in the upper back and neck to improve postural support and to open the energy of the voice.

 <p>Jyeshtha Sharira Mudra Opens ribs and throat <i>Raise arms overhead and place palms on shoulderblades</i></p>	 <p>Neck Roll</p>	 <p>Backbend over Roll</p>	 <p>Yes/No Movements</p>	 <p>Side Neck Stretches</p>
 <p>Shrug Shoulders Backwards circles</p>	 <p>Hug Shoulders</p>	 <p>Gomukhasana Arms</p>	 <p>Garudasana Arms</p>	 <p>Uttanasana Over Chair</p>
 <p>Adho Mukha Svanasana Turn Head L/R</p>	 <p>Adho Mukha Svanasana Head on block</p>	 <p>Bhujangasana Upper abdomen on roll</p>	 <p>Trikonasana Head on chair back</p>	 <p>Parsva Konasana Head on chair back</p>
 <p>Headless Sirsasana</p>	 <p>Ardha Matsyendrasana Head Countertwist</p>	 <p>Bricklayer's Rest</p>	 <p>Palli Mudra Opens the Voice <i>Touch the thumb to the ring finger tip, cross the index and middle fingers, extend pinkie</i></p>	 <p>Savasana w/ Neck Roll</p>