

Nourish Your Neck



Your free download

So many of us experience neck and shoulder tension.

Following is a short movement practice created for you to help you learn how to nourish your neck and jaw.

This short practice will help to reduce tension, improve movement and nourish your neck.

Try it a few times a week and feel the difference in your body!

Lets start with your Jaw

This simply jaw sequence can really help to release tension in the neck and the face. If you have a tendency to clench your jaw or grit/grind your teeth you may well find this sequence very helpful.

It's very simple and good to do in the shower.

- Start by opening and closing your mouth as big as you can 3 times, Open close, open close, open close.
- Move your bottom jaw side to side 3 times. Try to keep your head still with each movement. Side to side, side to side, side to side.
- Bring you bottom jaw forward and up. *I call this the Bulldog*. Lift your chin as you do and feel the stretch down the throat. Lift and relax 3 times.
- Finish by blowing some raspberries with your lips to relax the month.

You can stop here or to have even greater benefits, rub inside your mouth along the back of the top and bottom jaw and press up into the cheek. You may feel some discomfort here, but that's ok, go gently and you will have improvements each day.

When you're done, move your head around to see if your neck feels more comfortable.

This is a great daily sequence that can relieve neck, face shoulder and jaw discomfort as well as potentially improve your balance and agility.

Let's concentrate now on your neck

With a little focus we can create better neck movement and more comfort.

These simple movements are easy to follow, so relax, breath and enjoy!

You can do this sequence sitting on a stable chair or even standing, just adapt the movements a bit to suit your position.

Take a deep breath in, lift your shoulders, roll them back and set them down. Sit tall in your spine and feel slight activation into your low belly and into your back.



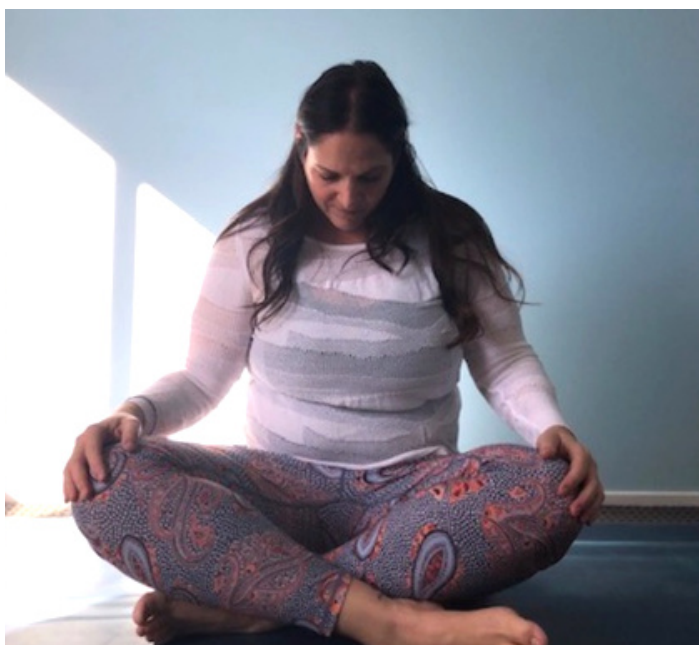
Up and down

Beginning with your neck, inhale, lift your chin towards the ceiling, exhale, bring your chin down and in towards your chest.

Complete these movements 3 times in each direction.

Listening in to how you feel and just enjoying the movement. Use your full range of movement and back away if you experience any pain.

Inhale, lift your head back to the neutral position.

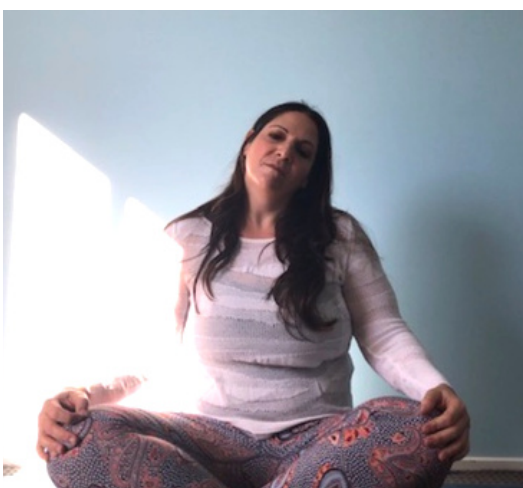


Side to Side

Exhale, drop your ear over to one shoulder, inhale lift through the centre, exhale drop your ear over to the other side.

Complete these movements 3 times on either side.

Finish with inhaling back to the neutral position. When your head is tipped to one side, a slight press down through the opposite shoulder can help to increase the sensation in the neck and shoulder.



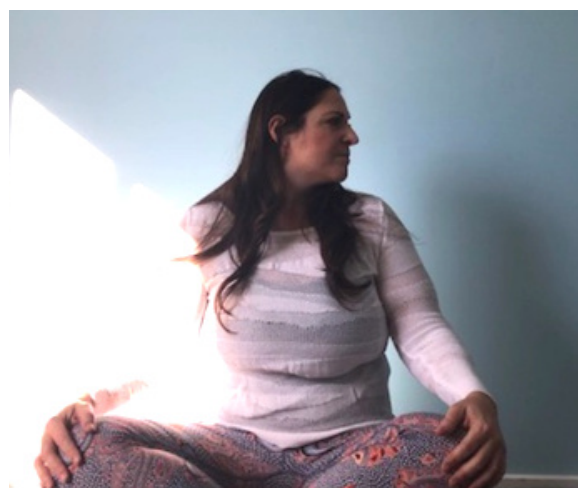
Twists

From neutral spine, exhale and turn to look over one shoulder, inhale back to centre, exhale turn to look over the other shoulder.

Continue this movement 3 times in each direction.

Use your exhalation to move into your deepest, comfortable range of movement.

Inhale to come back to neutral spine.



Finally Diagonals - These are the most beneficial.

As you exhale drop your ear to one shoulder then let your chin dip down towards your chest. Inhale, keep this angle and lift your chin up, tipping your head slightly back. Move with your range of movement and observe where your head wants to go. Exhale, bring your chin back down towards your chest, maintaining the angle of your head.



Repeat 3 time in each direction.

Finishing with your head tipping back and your chin lifted, exhale your ear back to your shoulder and inhale your head back to neutral. Repeat everything on the other side.



These following movement will help to release tension from the front and back corners of the neck and often the cause of neck discomfort. It is import to stay on the same side through the movements, avoid rolling your head from one side to the other, either in front of behind. Try to follow these movements as best you can, observe where your head wants to go. If you feel tightness in the front of the neck, but experience regular discomfort in the back of the neck you might work on some jaw and mouth exercises I have below.

To finish the neck exhale chin to chest once more, inhale, chin to the ceiling once more and return to neutral spin.

I hope this practice has been helpful to you.

Yoga is a great way to nourish your body and mind, reduce pain and tension and improve movement.

At Living Santosha we are dedicated to sharing the benefits of yoga and inner knowing and would love to help you continue your journey

Please feel free to reach out to us if you have any questions.

We look forward to meeting you on the mat.

Namaste,
Eli



Contact: eli@livingsantosha.com.au
Book a discovery call via our website
for **Sovereign Soul Coaching**
Or a Sound healing Bodywork Session



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