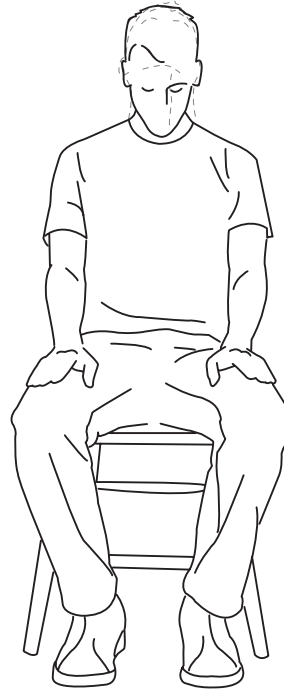


3.6.5 CHIN UP

Lower chin until it brushes the upper body. Slowly lift chin until it points upwards toward the ceiling; at that point clench the jaw and then release it. Lower chin again and repeat sequence 2X. Gently massage jaw joints on both sides of face and move jaw around a bit to release tension. (People hold tension in the jaw sometimes to the point of causing temporomandibular joint problems. The movements break up tension in the neck area and also in jaws.)



3.6.6 LOOKOUT NECK STRETCH

Place hand on opposite shoulder. Slowly turn head towards that shoulder until a gentle stretch is felt; hold 4 seconds. Keeping the hand in place, rotate head towards opposite shoulder giving a gentle stretch and hold 4 seconds. Bring head back to center and drop arm from shoulder. Next, put the other hand to opposite shoulder and repeat head turns. Repeat the entire sequence 2X. (Uses stretch to relax neck muscles.)

