

# Head/Neck

## Seated Neck Release

- This gentle stretch targets the sides of your neck.
- Sit in a chair with your feet flat on the ground. Extend your right arm along the right side of the chair (if the stretch becomes too intense, you can rest your hand on your thigh).
- Place your left hand on the top of your head and slowly tilt your head to the left. Apply gentle pressure with your hand to increase the stretch.
- To feel a deeper stretch, you can hold onto your right knee or the seat of the chair. This stabilizes the torso and allows you to isolate the stretch on the side of your neck.
- Hold on this side for 30-60 seconds, then slowly lift your head up and repeat this stretch on the other side.

