
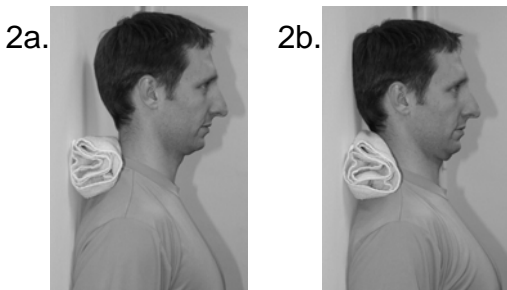


Lori's Loop

1a.  1a. Begin in natural seat position (sitting back on your heels) or full Virasana (Hero) if comfortable. Place strap around both arms, up towards armpits, behind your back. Strap should not be so tight that you cannot relax your shoulders down and back. 1b. Start with neck flexion by slowly bringing your chin to your chest. 1c. Follow that with neck extension, gently bringing head back, looking towards the ceiling.



1d. Follow that with a side bend to the right, bringing ear to shoulder. 1e. Then side bend again to the left side, bringing ear to shoulder. 1f. After that is neck rotation, looking over right shoulder. 1g. Then look over left shoulder. 1h. Now bring your neck back to starting position, facing forward. Externally rotate both of your arms out as you exhale.



Chin Tuck

2a. Start by standing with your back against the wall. Roll up a small towel and place it just behind the neck. 2b. lightly tucking the chin, lengthening from the back of the neck, slowly bring the back of the head to the wall. Hold for 15 to 30 sec.



580 Market Street, Suite 200  
 San Francisco, CA 94104  
 P: 415-788-2100 F: 415-788-2102