

## Seated Neck Stretch

This move stretches the muscle that sits across the top of the shoulder known as the trapezius.

### Seated Neck Stretch

Model: Cortney Miller Photos by: Darlene Czech

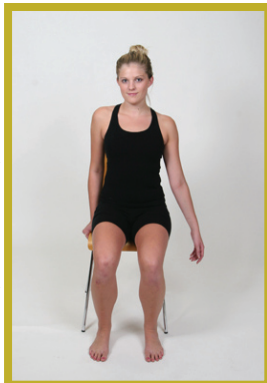


Figure 1



Figure 2

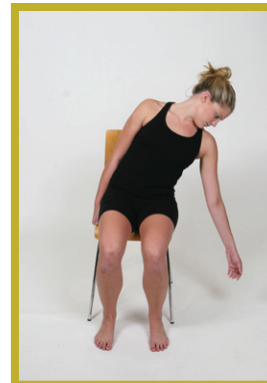


Figure 3



Sit upright in a chair and grasp the seat with one hand. Slowly lean your body away from the hand, holding on to the seat and allowing the opposite arm to hang loosely at the side. Slowly turn the head to gaze toward the floor. Inhale, exhale and repeat on the other side.



Repetitions:

X Per Day:

Notes:

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"Moreover, if your brother sins against you, go and tell him his fault between you and him alone.  
If he hears you, you have gained your brother."  
-The Bible, Matthew 18:15

