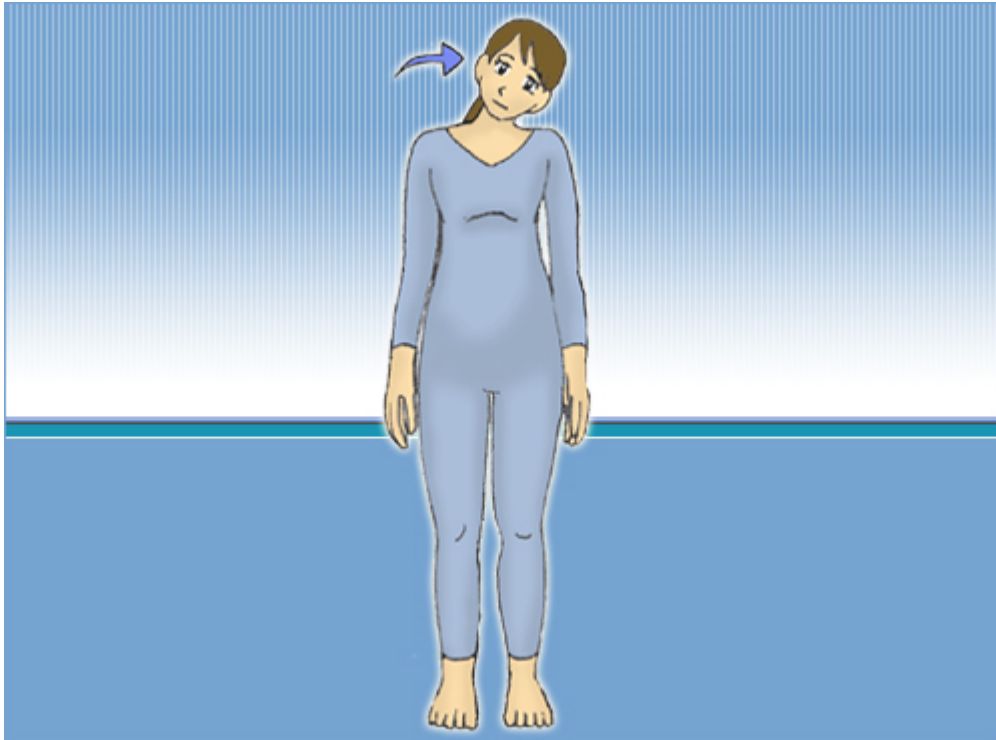


3. Neck Stretches

MODULE 6

This exercise stretches and relaxes the neck muscles. This is how the neck stretch exercise is done.

Neck stretches



- Stand or sit up straight.
- Bring your ear towards your shoulder.
- Breathe in or out deeply.
- Repeat on the other side.
- Relax.