

# Loosening movements

## Shoulders

### 1) **Shoulder roll**

When you feel ready, start with the right shoulder.

- Gently circle the joint from front to back at least 5-6 times, more if you like
- Then reverse the movement, from back to front
- Repeat with the left shoulder
- Now repeat with both shoulders at once

The movements should be very slow and gentle – try to use only the shoulder joint, don't let the elbow join in!

### 2) **Shoulder shrug**

- Shrug your shoulders up to your ears
- Hold for a count of 5, feeling the tension
- Now slowly release and push your shoulders down towards your hips
- Keep pushing down and hold this action for 30 seconds
- Repeat 5-6 times, then shake your arms and hands to loosen up

Imagine you have a string coming from the top of your head, suspending you from the ceiling like a puppet. The head aligned with your spine, not poked forward or pulled back. Your neck is long and your shoulders are low, your arms and hands relaxed.

## Neck

### 1) **Chin tuck**

Keep as relaxed as you can and don't let your shoulders rise or tense up.

- Allow the weight of your head to let it drop forward – don't actively tuck the chin in
- Let the head rest in this position for 30 seconds, trying to feel the weight of the head and allowing it to drop further
- Slowly uncurl the neck and straighten into your usual upright position
- Repeat slowly 5-6 times

## 2) **Head turn**

- Turn the head slowly to the right, hold for 30 seconds, then bring the head slowly back to the centre
- Now turn your head to the left, hold for 30 seconds, then bring the head slowly back to the centre
- Do this nice and gently, without jerking. Look as far as you can to each side without discomfort.
- Repeat 5-6 times

## 3) **Head tilt**

- Slowly tilt the head so that your right ear comes towards the right shoulder, hold for 30 seconds, then bring the head slowly back to the centre
- Now slowly tilt the head so that your left ear comes towards the left shoulder, hold for 30 seconds, then bring the head slowly back to the centre
- Repeat 5-6 times
- To add an extra stretch, when tilting the head to the right let your left arm hang by your side. Imagine you are holding a small child's hand in your left hand and notice how this action makes the left shoulder drop gently further down. Repeat the same action on the opposite side

## 4) **Neck stretch**

- Imagine you're standing at the bottom of the Eiffel Tower
- Slowly look up to the top of the tower, lifting your chin slowly as you do this
- Hold for 30 seconds
- Try not to lift your shoulders as you do this
- Repeat 5-6 times