

# Age Less Move More

## Throat Movement Sheet



### **Half-Shoulder Stand Neck Release —**

Sit next to a wall with your hip touching the wall. Bring your legs up the wall with your bottom resting into it.

Your elbows come even with your shoulders.

Bend your knees, lift your bottom and come up to the top of your shoulders.

Lift your bottom and bring your elbows

as high as you can overhead. Keep your elbows on the ground. Swing your hips to

the right and go slowly down, one vertebrae at a time until your lower back is on the floor again.

Come back up and swing your hips to the left and slowly come down. Come back up and slowly lower down on the center of the spine. Opens your upper back and released your neck.

Rest with your legs up the wall and feel the opening of your throat.