

## Preparatory Exercises

# Neck: Atlanto-Occipital Joint

**Starting Position:** sitting with your back and jaw relaxed. Find a good alignment of the spine and engage in some deep breathing.

Make a vertical movement with your head, like when saying 'yes', only reduced, brief and very smooth.

Then make a horizontal movement of the head, like when saying 'no', only reduced, brief and very smooth.

Next make small circles with the nose, first in one direction and then in the other. This is meant to be a very small movement of extreme delicacy and relaxation.

Now return to the horizontal "no" movements. These are the most effective; they remain reduced, brief and very smooth. They are accompanied by a sensation of general relaxation in the jaw, face and neck.



**Contraindications:** none.

**Benefits:** profoundly relaxes the Atlanto-Occipital joint, the entire cervical region, the face and the temporal-mandibular joint. To increase the beneficial effect of this exercise, perform "Jaw: Increasing Mobility".