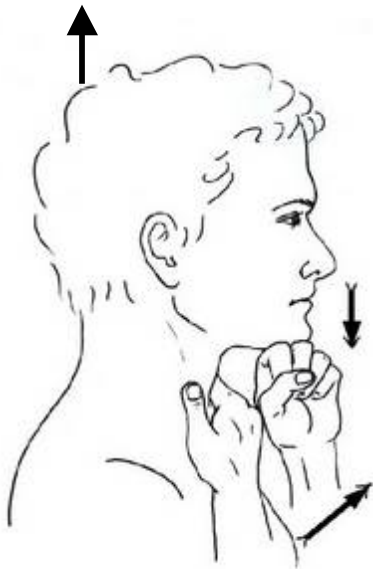
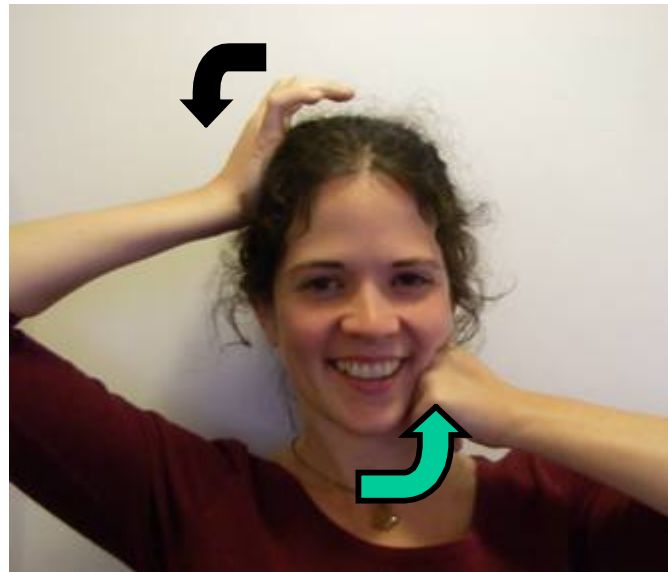


Side nodding- to release the upper neck

This is the start position for side nodding, remember to keep your chin tucked, and feel the lift thru the crown of your head.



This is the isometric version, you are attempting to nod your head to the right, while stopping yourself by resisting at both the top right, and the left bottom (at the jaw).



In this version, you are nodding your head slightly, about 1-2 inches, against your own resistance.



As you do this, you should feel a lift and stretch in your upper neck. The most common errors-

1- losing the chin tuck, head lift; 2- tipping the whole head and neck, rather than just nodding the head on the upper neck (focusing on the push with jaw in the opposite direction helps correct this).