

Qigong Neck Series

Sit & get balanced.



1. Head drops first.



2. Roll back to 'C' sit



Notes:

1. Do very slowly, breathing constantly.
2. Stop if pain & see doctor.
3. Repeat entire series 3x each side.

3. Slow torso drop.



4. Quick drop at end.



1. Lift up & over.



2. Turn head, drop chin.



3. Drop head more.



4. Swing to front, roll to 'C' sit position.



5. Roll back to start.