

## **NECK DRAINAGE SCRIPT**

Neck Drainage (Parathyroid) stimulates lymph flow around the neck, particularly in the area of the parathyroid glands.

**Here are the steps of the Energy Flow® Neck Drainage exercise:**

1. With the fingertips of both hands, massage the front of your neck in downward strokes.

### **Reflection questions:**

1. What did you notice in your neck as you used downward strokes?
2. How did your breathing feel while massaging the front of the neck?
3. After finishing, did your neck feel lighter, looser, or unchanged?