

## **GENTLE NECK RELEASE SCRIPT**

Gentle Neck Release is a soothing movement exercise that involves slow, mindful movements of the neck to release tension, improve flexibility, and promote relaxation.

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

1. Sit comfortably and focus on your breathing, keeping your spine straight and shoulders relaxed.
2. Inhale deeply as you gently tilt your head backward, looking up toward the ceiling.
3. Exhale slowly as you drop your chin toward your chest, looking down.
4. Return to a neutral position and inhale as you turn your head to the left.
5. Exhale as you gently turn your head to the right, following your natural rhythm.
6. Without lifting your shoulders, let your left ear drop toward your left shoulder and stay there for a few moments.
7. Gently let your right ear drop toward your right shoulder and stay there for a few moments.
8. Repeat for a few more rounds at your own pace, allowing any tension to ease.
9. Inhale deeply and center yourself, feeling relaxed and aligned.

**Reflection questions:**

1. What effect did the exercise have on your overall sense of relaxation or alignment?
2. As you moved your neck in different directions, did you notice any areas of tension or tightness?
3. Did you notice any changes in the way your neck and shoulders felt as you went through the exercise?