

FIGURE 6.6  
Neck Rolls.

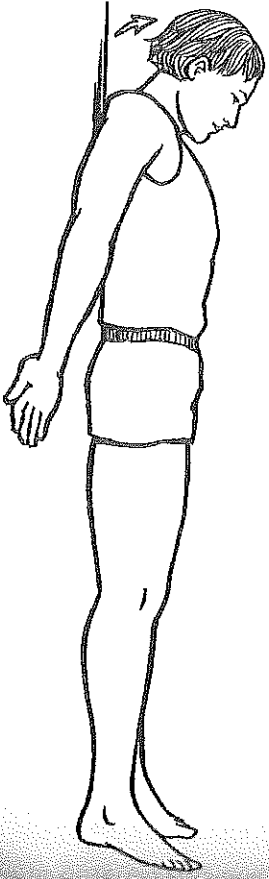


FIGURE 6.7  
Head Lift.

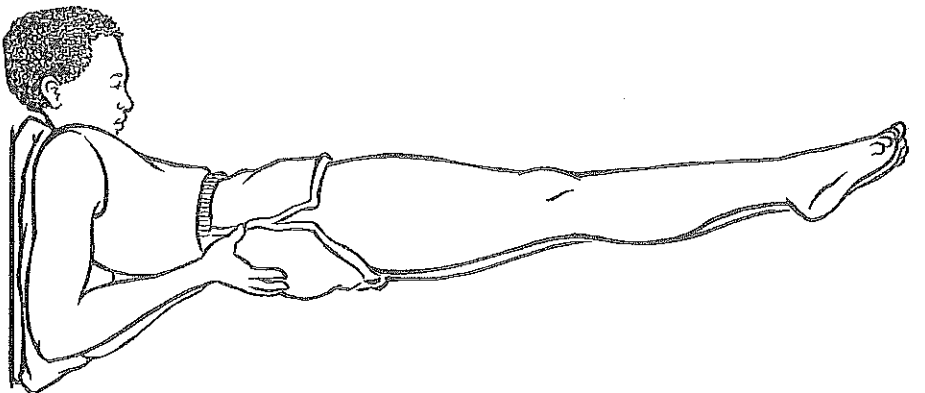


FIGURE 6.8  
Shoulder Stand.

## Neck Rolls

The neck is the narrowest part of the torso. Much of the time it acts as a filter between the abundant flow of energy between the mind and

the body. This causes it to be extremely subject to tension and stiffness. Loosening the neck is an essential beginning for any work on the fifth chakra.

Lift your head up away from your shoulders, and then slowly roll your head in a circular motion, stretching your neck. Stop at any point that feels tense or uncomfortable, and massage with your fingers. Pause in the tight places until it relaxes some, Then move on. Go both clockwise and counterclockwise. (See Figure 6.6, page 268.)

## Head Lift

This stimulates the thyroid gland and helps strengthen the neck.

Lie flat on your back and relax. Slowly lift your head, leaving your shoulders on the floor, so that you are looking at your toes. (See Figure 6.7, page 268.) Hold this position until you feel the energy move into your neck.

## Shoulder Stand

To make this pose easier on the neck, it is helpful to first fold a blanket or towel (about 2-3 inches thick) so that when you lie flat, your head touches the floor, but your upper thoracic vertebrae lie on the blanket.

Lie flat on your back, arms at your sides, and relax. Bend your knees and lift your legs toward the chest, rounding the back.

As your hips rise, allow your arms to bend at the elbows, so that the heel of your hand can support your waist.

Slowly straighten the legs above you, using your arms for support. Hold for as long as is comfortable. (See Figure 6.8, page 269.)

## The Plough

If the shoulder stand was successful, you might want to try the plough.

Return to the shoulder stand.

Lower your legs behind your head, touching your feet to the ground, keeping your knees as straight as possible. (See Figure 6.9, page 270.)

For less flexible bodies, you can have a chair behind your head and lay your thighs on it.

## Fish Pose

This often follows the shoulder stand or plough as it gives the neck and back a complementary stretch. This also helps open the chest cavity and stimulates the thyroid.

Lie flat on your back. With hands on hips, prop your upper body up on your elbows, lifting your chest toward the ceiling and arching your neck backward until your head touches the floor. (See Figure 6.10, page 270.)

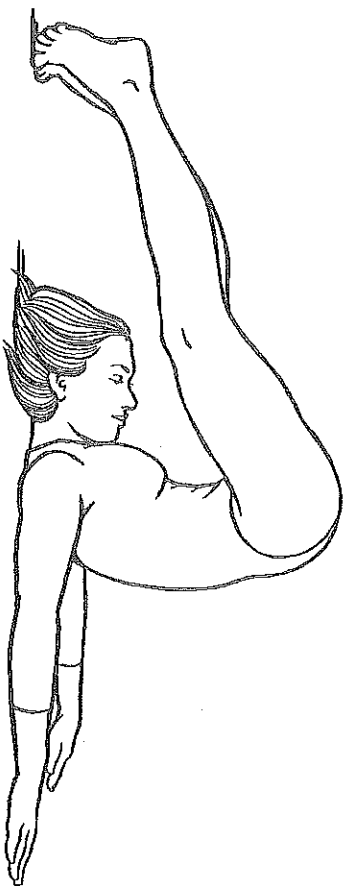


Figure 6.9  
Plough.

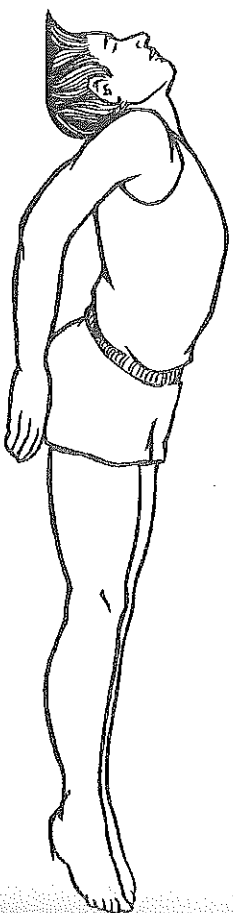


Figure 6.10  
Fish Pose.