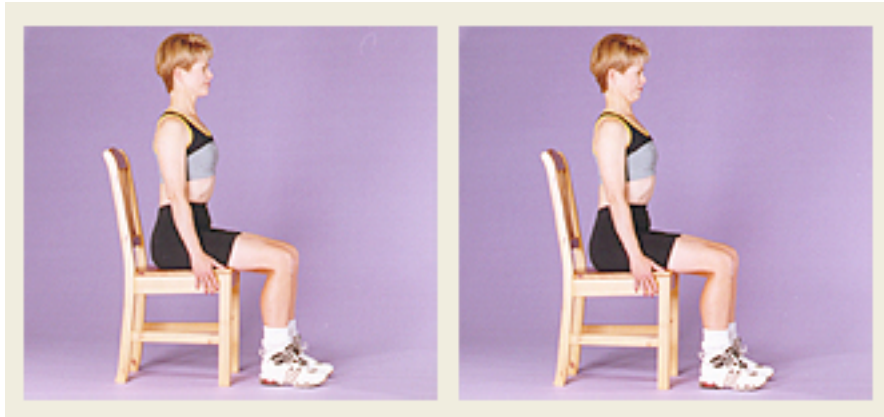
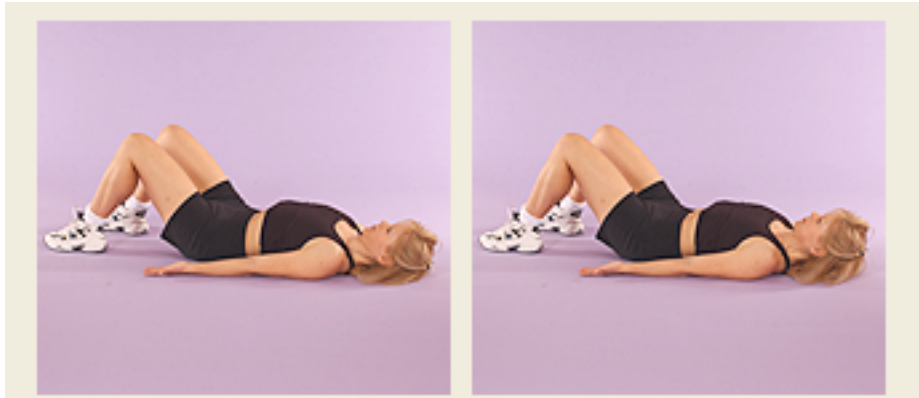


ChinTuck



- Sit nice and tall with your shoulders relaxed.
- Gently tuck your chin **straight** back being careful not to look up or down.
- Hold for 5-10 seconds, relax and repeat 5-10 times.



- Lie on your back with your knees bent.
- Gently tuck your chin straight back, like above.
- Slowly, raise your head slightly off the ground, no more than 1 inch.
- Hold for 5-10 seconds, relax and repeat 5-10 times.