

NECK	JAW	TONGUE	LARYNX
Gentle nod of head	Find HINGE of JAW with 2 fingers (INHALE)	Using THUMB , find spongy spot behind chin and massage...	Find Hyoid bone with thumb & index finger & gently move it from side to side.
Rotate - figure 8s	Draw fingers down side of face to bottom of JAW as you EXHALE	Massage all the muscles behind chin - both thumbs	Below Hyoid find the space just above the Larynx. Move tiny little circles to free up muscles.
Turn head slowly to R then L - back to center	With heels of hands apply small pressure and massage all the way up from bottom of chin (INHALE) to temples (EXHALE)	Tip of TONGUE behind bottom teeth - roll the tongue outward.	Use Index fingers to massage down the sides of the Larynx. This will help relax Larynx. (Keep it down.)
Drop chin to chest, then Roll head to R - Use left hand to massage large neck muscle	Using 2 fingers on each hand, massage from top of temple down to eyebrows.	Put finger on front of chin, close mouth and move TONGUE in circles all around teeth without using jaw to help	Using tips of fingers move the LARYNX from side to side - wobble!
Move R arm over head & place just above L ear. You'll feel gentle stretch down L side of neck.	2 Fingers to JAW HINGE again. Apply pressure in space below hinge.		Nice big stretch!
Lift L arm out - not pulling but gentle stretch. RELEASE.			
Roll chin to chest, then repeat above on other side. RELEASE.			
Chin down to chest, then look UP as far as it will stretch - mouth open as you INHALE. REPEAT.			
Place hands behind head - OPEN UP - INHALE ...bring elbows together & drop chin to chest as you EXHALE. RELEASE.			
Gentle Neck Rolls			