

Relieve stiff neck and shoulders

3 BLANKETS | 3 MINUTES

These supported positions can be practiced as a sequence, or individually. Stay in each position for at least 3 minutes.

Always adjust the size of the roll to suit the needs of your body.



LEGS UP THE WALL

Set up 3 blankets as shown. The blanket closest to the wall should be the same height or higher than the other 2. Your hips should be the same height or higher than your spine. Let your shoulders melt.

Stay for 3 - 15 minutes.



SUPPORTED BRIDGE

Your hips and spine are supported and shoulders are on the floor. It is important that your shoulders are resting on the floor, without pain, and that your neck is comfortable. Adjust your legs so that you can let go of any effort in your hips.

Stay for 3 - 15 minutes.



BASIC RELAXATION POSITION

Use one rolled blanket to support your knees and a folded blanket under your head. Create a small roll to support your neck. The 3rd blanket covers your body and is tucked in around your legs and arms to create a cosy cocoon.

Stay for 3 - 20 minutes.