



## Lengthening-Exercises for small muscles of the neck

1. best when supine, also possible sitting on the piano bench /practice chair  
look up/ straight behind you with a bit of effort for 3-5 seconds (don't move your head!)
2. keep breathing normally
3. take a deep breath, then - upon EXHALING,
4. look down to your belly button (= chin is automatically being tucked in => muscles of the neck are lengthening)
5. repeat two or three times, but now looking up into the CORNERS of the room (oblique muscles are working now)
6. upon EXHALING, look down to the belly button

