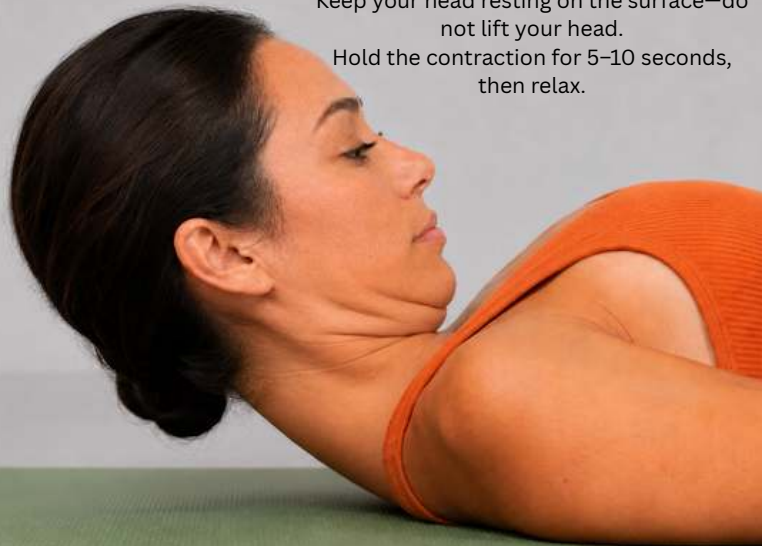


Lie on your back with your knees bent and your head supported comfortably.
Gently draw your chin inward, as if making a small “double chin.”



Keep your head resting on the surface—do not lift your head.
Hold the contraction for 5–10 seconds, then relax.



Sit or stand upright with your shoulders relaxed.

Look straight ahead and gently draw your chin backward, as if making a small "double chin."



Keep your head level and avoid looking up or down.
Hold for 5–10 seconds, then relax.





Sit or stand upright with your shoulders relaxed.
Slowly turn your head to the right, then to the left, staying within a comfortable range.



Gently tilt your head toward each shoulder.
Slowly look up and down without forcing the movement.



Lie on your back with your knees bent and feet flat on the floor.
Extend both arms out to the sides in a “T” position.
Slowly allow both knees to move toward one side, creating a gentle rotation through your upper back.
Keep your shoulders and arms relaxed against the floor.
Return to the starting position and repeat on the opposite side.

