



Exercise 1: “Nod Your Head Yes”

Begin “Nod Your Head Yes” with your jaw closed, teeth clinched and head tilted back as far back as you can, as if you are looking up at the stars overhead. Next, place the palms of your hands flat against your forehead. While applying strong pressure with your palms against your forehead, move your head slowly forward and down against that pressure until your chin is pressed against your chest, completing the movement. With the palms of your hands, keep a steady resistance against the downward movement of your head. This downward movement should take at least five seconds to complete and counts as one repetition. Do this movement slowly for five repetitions, working up to a maximum of ten repetitions. You should feel the muscles in your neck and chin being used during this movement.

