



This is a simple exercise to help with tight neck muscles and improve auditory processing- (being able to hear and integrate new information more easily by activating the brain's auditory processes).

Benefits include:

- Increased flexibility
- Improves dyslexic tendencies
- Improves co-ordination
- Improves general alertness

Method:

- Start by moving your head to each side 'checking-in' to how your neck is feeling.
- Then gently and carefully reach down towards the floor and notice how far you can go and the level of comfort and flexibility getting there. (It may be useful to give yourself a score out of 10).
- Now firmly unfold the turned over part of the ear on both ears, continuing down to the ear lobe, pulling away from the orifice (for a minimum of 20-30secs).
- If your neck is stiffer on one side, turn towards that side and unfurl the ear on that side whilst in that position (for a minimum of 20-30secs).
- Finally, now check-in to see if there has been any change. Both moving your head from side to side and reaching towards your toes. You may also notice a difference in your energy levels and general alertness. (re-score out of 10 for confirmation).