

- **THE OWL**

This exercise moves the head smoothly from left to right through the midline, keeping the chin level. The head moved into the left and right positions for re-educating or activating auditory proprioception of the neck muscles. Squeezing your shoulder helps to release neck muscles that may be reactive to auditory skills (hearing, speech, or thinking), returning muscles to their natural length. Lastly, the head is tilted forward with an exhalation, releasing back neck muscles in the process.

- **PROCEDURE:**

Grasp the shoulder and squeeze the muscles firmly. Turn your head to look back over your shoulder. Breathe deeply, and pull your shoulders back. Now look over the other shoulder, opening the shoulders again. Drop your chin to your chest, and breathe deeply, letting the muscles relax. Repeat with hand squeezing the opposite shoulder.



*The OWL releases those little tensions that develop from sitting and reading a lot. Josh takes a short break to do the OWL, so he will be refreshed for the next lesson.*

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