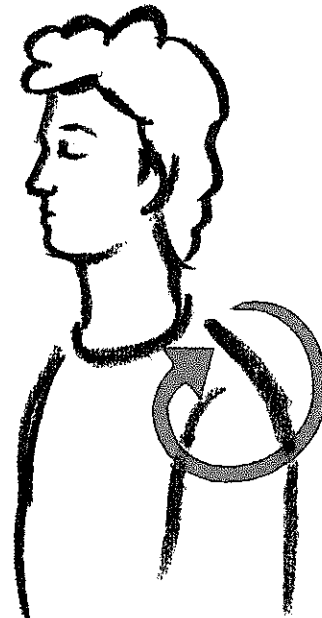


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Reverse the direction of the circular movement: Very slowly raise your left shoulder a little, and rotate it gently, forward, down, back, and up again.

- Make each movement relaxed and easy.
- Notice how when you changed the direction, the movement of your head, neck, chest, and pelvis changed direction, too.



And now, rest.

If you are lying down, rest on your back. Notice how relaxed your entire left side feels. Feel the difference in your face, neck, chest, and pelvis!

You have completed "**Relaxed Shoulders.**" Stand up and walk around. Notice how comfortable your shoulders are. Do you feel taller? Notice how relaxed and light your entire body feels.

Enjoy the improvement!