



Connect Exercise 2 Rotation with Eyes Forward

For a peak experience

~ go slowly ~ make movements small and easy ~ relax ~ rest after each movement ~ repeat the exercise six times ~ avoid using force; don't stretch or strain ~ to make the movement easier, exhale as you turn ~

Prepare

- Sit near the front of your chair and place your hands on top of your thighs.
- Relax your feet on the floor, shoulder width apart, directly below your knees.
- Clear your mind, feel the weight of your body on the chair, and then lift your ribcage upward.
- Breathe slowly in and out three to five times.
- Relax your neck, shoulders, chest, and legs.

The exercise

- Focus your eyes on an object or spot straight ahead.
- Keep your eyes still, looking straight ahead, while slowly turning your head and facing upper body to the right (your upper body won't turn very far to the right, because your eyes are not moving).
- Return to facing forward and relax.
- Repeat the sequence, this time turning to the left.