

# YOGA FOR TEXT NECK RELIEF

Created by Breezy Bree  
 Love Breezy Bree Yoga  
[www.lovebreezybreeyoga.com](http://www.lovebreezybreeyoga.com)

Remember to keep your jaw loose throughout your practice, keep your spine neutral and be aware of your posture, draw your shoulders back and bring your chest forward.  
 \*\*\*REPEAT POSES ON EACH SIDE\*\*\*

#1 5s



Easy Pose

#2 5s

\*\*\*\*YOU CAN ACTIVATE JALANDHARA BANDHA, IN EASY POSE, HANDS ON KNEES AND TUCK CHIN INTO CHEST. \*\*\*SEE BELOW



Lotus Pose with Body Locks - Root, Navel, Throat

#3 5s



Bound Hands Easy Pose

#4 5s



Revolved Bound Easy Pose

#5 5s



Easy Pose Side Bend

#6 5s



Chest Open Easy Pose

#7 5s



Easy Pose Forward Fold

#8 5s



Forward Bend Easy Pose

#9 5s



Easy Pose Spinal Twist

#10 5s



Dedicated to Sage Bharadvaja Pose

#11 5s



Easy Pose Forearm Stretch

#12 5s



Cow Mule Pose

#13 5s



Cow Mule Pose

#14 5s



Table Top Pose

#15 5s



Hero Lion Pose

#16

5s



Lion Pose

#17

5s



Table Top Pose

#18

5s



Cat Pose

#19

5s



Cow Pose

#20

5s



Shoulder Stretch Table Top Pose

#21

5s



Dolphin Pose

#22

5s



Sphinx Plank Pose

#23

5s



Cobra Pose

#24

5s



Childs Pose

#25

5s



Table Top Pose

#26

5s



Downward Facing Dog Pose

#27

5s



Standing Forward Bend Pose

#28

5s



Mountain Pose

#29 5s



Prayer Upward Salute Pose

#30 5s



Upward Salute Pose

#31 5s



Prayer Upward Salute Pose

#32 5s



Awkward Chair Pose

#33 5s



Revolved Awkward Chair Pose

#34 5s



High Plank Pose

#35 5s



Upward Facing Dog Pose

#36 5s



Extended Puppy Pose

#37 5s



Cobra Pose

#38 5s



Table Top Pose

#39 5s



Tiger Pose Variation 1

#40 5s



Tiger Pose

#41 5s



Table Top Pose

#42 5s



Childs Pose

#43 5s



Rabbit Pose with Bound Arms

#44 5s



Childs Pose

#45

5s



Table Top Pose

#46

5s



Downward Facing Dog Pose

#47

5s



Standing Forward Bend Pose

#48

5s



Mountain Pose

#49

5s



Prayer Upward Salute Pose

#50

5s



Upward Salute Pose

#51

5s



Prayer Upward Salute Pose

#52

5s



Awkward Chair Pose

#53

5s



Revolved Awkward Chair Pose

#54

5s



High Plank Pose

#55

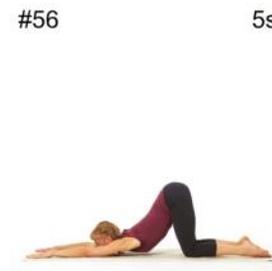
5s



Upward Facing Dog Pose

#56

5s



Extended Puppy Pose

#57

5s



Cobra Pose

#58

5s



Table Top Pose

#59

5s



Tiger Pose Variation 1

#60

5s



Tiger Pose

#61

5s



Table Top Pose

#62

5s



Childs Pose

#63

5s



Rabbit Pose with Bound Arms

#64

5s



Childs Pose

#65

5s



Downward Facing Dog Pose

#66

5s



Downward Facing Dog Split Pose

#67

5s



High Lunge Pose

#68

5s



Bound High Lunge Pose

#69

5s



Low lunge Pose

#70

5s



Downward Facing Dog Pose

#71

5s



Standing Split Pose Balance Variation

#72

5s



Bound Revolved Lunge Pose

#73

5s



Revolved Lunge Pose

#74

5s



Bound Revolved Lunge Pose

#75

5s



High Plank Pose

#76

5s



Eight Point Pose

#77 5s



Upward Facing Dog Pose

#78 5s



Camel Pose Prep

#79 5s



Supported Camel Pose

#80 5s



Camel Pose

#81 5s



Childs Pose

#82 5s



Staff Pose

#83 5s



Revolved Seated Forward Bend Pose

#84 5s



Half Lord of the Fish Pose

#85 5s



Revolved Hero Hand to Toe Pose

#86 5s



Butterfly Pose Preparation

#87 5s



Staff Pose

#88 5s

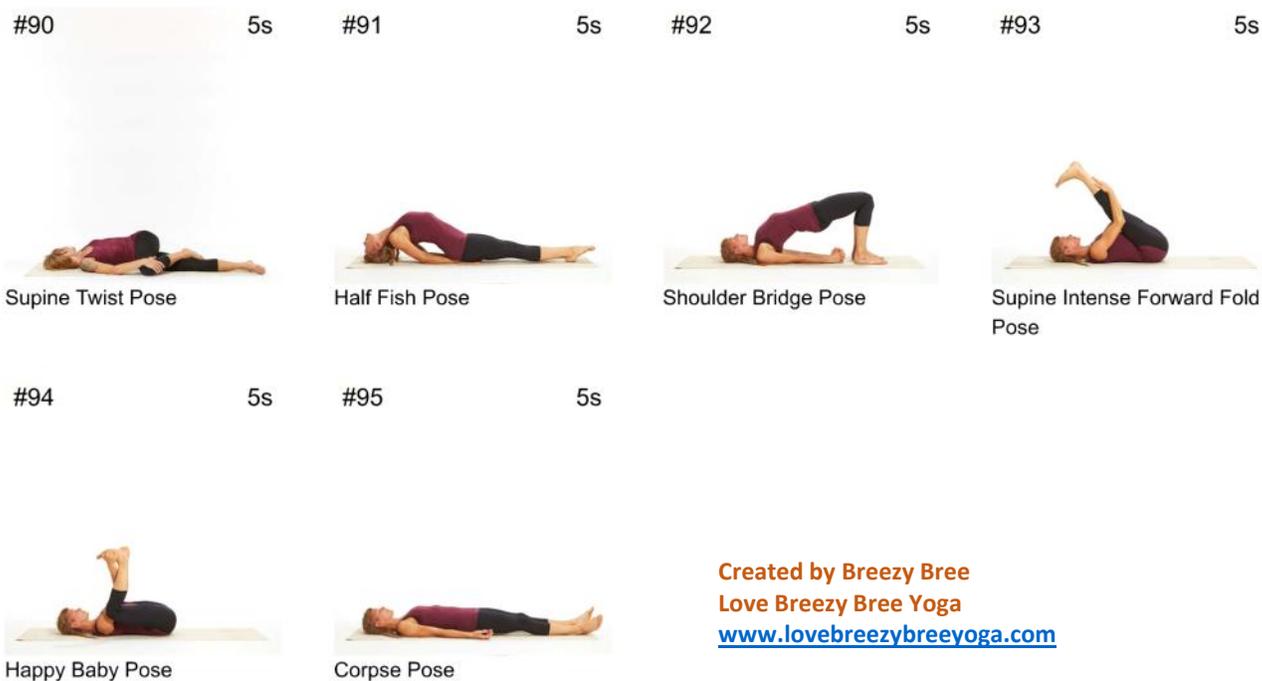


Happy Rest Pose

#89 5s



Knees to Chest Pose



Below are some movements that can compliment any yoga practice, simply warm up with these movements or sprinkle them into your practice along the way.

1. Taking your eye gazes to the sky (i.e. looking up) reverse flexion of the neck and spine.
2. Open your mouth up wide, releasing your jaw muscles.
3. Massage your thyroid gland, by tucking your chin into chest you are stretching and strengthening the neck muscles. Keep in mind, you must stand or sit up straight, roll your shoulders back and bring your heart through center. Be mindful of your posture first, then tuck your chin second, otherwise, you are simply engaging in Text Neck again.
4. Tilting your head from side to side, bringing right ear to right shoulder and left ear to left shoulder. I love doing this after Cat/Cow Pose into Wag My Tail Pose, at which point I tilt my head from side to side.