

# Scalene Stretch



YOGA MOVES **MS**

- Begin in a seated posture with your spine tall or in Mountain Pose in a chair.
- Place your right hand on top of your head.
- Guide your right ear toward your right shoulder with your hand while keeping your shoulders level. To prevent overstretching your neck, do not stay in the pose longer than three breaths.
- Repeat the instructions above on the opposite side of your body.

Compliments of [YogaMovesMS.org](http://YogaMovesMS.org) and [Babytoboomer.com](http://Babytoboomer.com)

\*\*Yoga skills and techniques presented in this article are not a replacement for medical care or personal instruction from a qualified instructor. Before beginning your yoga practice, consult your physician for any contraindications to the poses and exercises listed such as neck, spine, wrist or ankle injury.