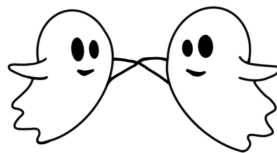


CONNECTION

Full Salamander

The 'full salamander' counteracts the forward head posture—often employed when working at the computer. It helps improve spinal alignment and facilitates comfortable breathing. It alleviates physical strain and/or discomfort, and encourages social connection by promoting better posture and breathing.



- 1) Begin on all fours on a mat or carpet. Align your head with your spine so you're looking straight at the floor.
- 2) With your eyes focused to the right, gently tilt your head and neck to the right—bringing your right ear toward your right shoulder.
- 3) Continue the lateral bend throughout your neck, down to your spine's base. Hold the position for 30-60 seconds, then return to center.
- 4) Repeat the process on the left side.

.....

From Vagus Nerve Deck: 75 Exercises to Reset Your Nervous System, Melissa Romano