

# NECK ROLLS

Brain Gym



## Neck Rolls

### Why Neck Rolls Works

Tension in the neck is often caused by a tightening of the muscles, increasing the ability to do mental activities without stress. Doing Neck Rolls also improves breathing and increases relaxation of the vocal cords for more resonant speech. As there is improvement in the ability to move the eyes left to right across the visual midfield, reading ability also improves.

- ❖ Improved relaxation
- ❖ Increases energy levels
- ❖ Improves concentration
- ❖ Improves breathing
- ❖ Improves silent thinking and speaking