

The background features a vibrant yellow field with several large, overlapping, wavy shapes in two shades of blue. The shapes are fluid and organic, creating a sense of movement and depth. The text is positioned on the left side, partially overlapping these shapes.

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up

Are you loosening up yet?

Loosen up and relax your neck and shoulders

- Simultaneously roll both of your shoulders in opposite directions, making big circles.
- Reach up and stretch towards the ceiling.
- Stretch your arms in front of you and bring them up over your head, let your fingers point backwards and make a big circle by bringing your arms back down to your sides.
- Tilt your head towards one shoulder, with the hand on the same side you can gently pull the head towards this shoulder, stretch the other arm slightly towards the floor, both shoulders are relaxed. Make sure that both shoulders remain leveled out.
- Open your arms sideways at heart level, fingers pointing backwards, thumbs towards the sky, inhaling and exhaling deeply. Variation: palms facing upwards, thumbs pointing backwards.
- Place your hands on your buttocks and tilt your upper body back.