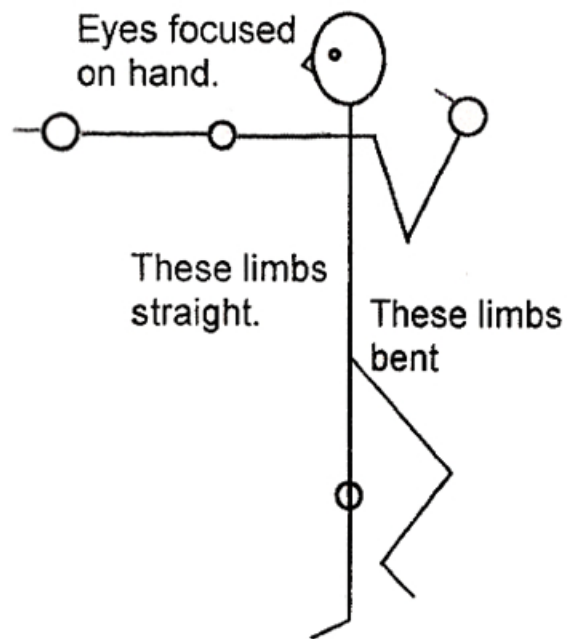
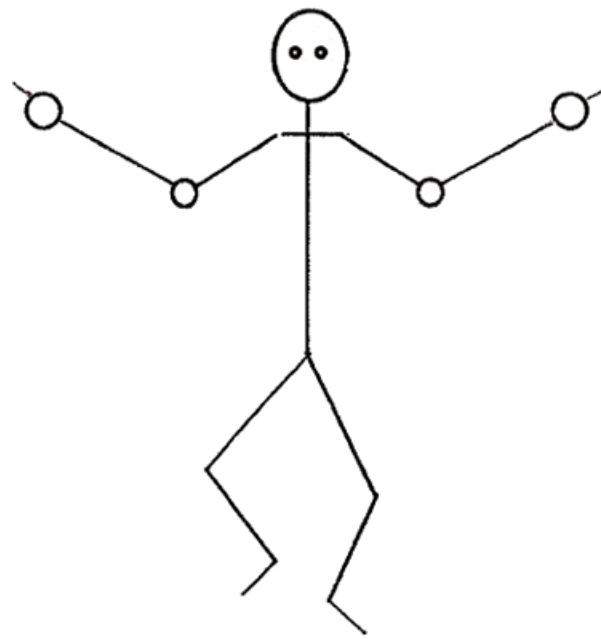


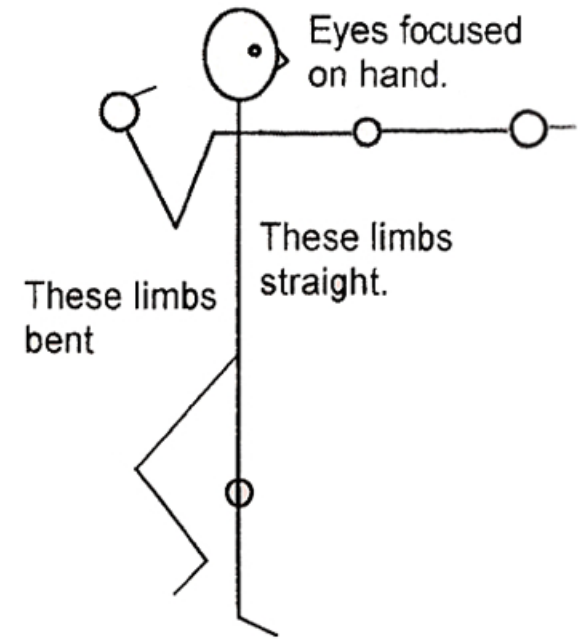
TONIC NECK REFLEX [SUPINE (BACK)]



Lie on back, head turned to one side



Turn head and begin switching arms and legs. Head leads switch.



Remember: Smooth, steady rhythm.

Counting: Each time you look at your hand counts as 1.

Repeat 60 times.



NDMC
Bette Lamont
The Brain Nanny©