

Conditions ^{and considerations} to be aware of :

- Neck Pain, discomfort
- High blood pressure - if not stable
 - if medicated and being checked regularly then fine
- * Glaucoma - check with GP.
- osteoporosis: ✓ preparations, slowly, carefully
- anxiety / fear

Good for

- sensing, feeling the spine, relationship to pelvis, neck, head
- takes pressure off pelvic floor, internal organs, relationship to gravity changes
- legs: joints, muscles
- highlights alignment + patterns.
- nervous system - calming, restorative if approached slowly.
- endocrine system (glands)