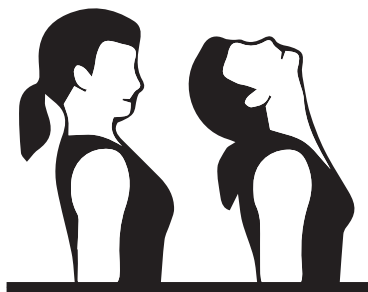




Neck Retraction:

Stand tall. Bring your head straight back. Keep your eyes on the horizon. Hold for several breaths. Then return to neutral.



Head Drop:

Neck retraction position. Slowly move your head up and backwards as far as you can comfortably go. Hold for several breaths. Then return to neutral.



Side Bend:

Neck retraction position. Gently guide your right ear towards the right shoulder with the right hand. Stop when you feel a stretch on the left side of the neck. Repeat on opposite side.



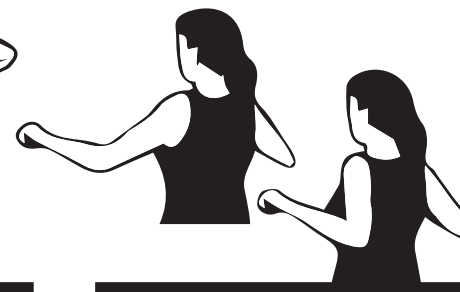
Rotation:

Neck retraction position. Turn your head and look over your right shoulder. Take several slow breaths. Return to neutral. Repeat on opposite side.



Flexion:

Clasp hands behind head, and gently guide head down towards your chest. Stop when you feel a stretch in the back of your neck. Hold for several breaths. Return to neutral.



Shoulder Blade Pull:

Raise arms at 90 degree angles. Keeping arms/neck still, squeeze muscles between shoulder blades, drawing shoulder blades closer together. Hold. Return to neutral.

Pore (2018)

Andrés Cuervo and Sage Jenson

Pore is a WebVR installation that seeks to orient body and movement between the digital and physical self.

In the experience, we ask that you spend time performing neck stretches, to the extent that you are able. Several sample exercises are described on the following sheet of paper. Read through the descriptions. The icons of these stretches will be visible in the installation as visual reminders. While you are in the space, stretch slowly and gently. Look around. Explore the virtual space while being conscious of your muscles, tendons, face and skin.

Relax.

Breathe.