

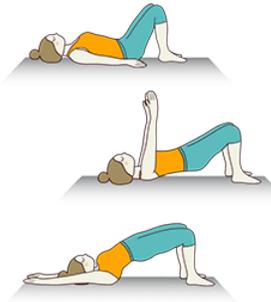
10/06/2025 Shoulders and Upper Back



Exhale, press the spine into the floor, inhale, arch the spine away from the floor, 6x



Place feet wider than hip width apart. Alternate sides, bringing one knee down across the midline.



Inhale, lift the hips and the arms, reaching the arms all the way behind you, exhale lower the hips and the arms. 6x



Inhale, open the arms and extend the spine, exhale, take hands to the knees and round. 6x



Start with chin down, then go to the sides, hold each position for several breaths.



Keep the back knee on the floor as you twist



Exhale, press the hands into the floor, inhale, draw the arms into the shoulders, bringing shoulder blades closer together



Draw hips back and arms forward. Walk arms a few inches to the right, hold for several breaths. Other side.



Variations: 1. keep the knees down 2. Lift knees and hips. Hold for 3-4 breaths, repeat 2x



Reach the arms, engaging the shoulder blades



1. Hold a strap, pulling apart with both hands. Engage shoulder blades. Slide arms up a few inches, down a few inches. 2. Take hands wider apart, with elbows bent bring the strap all the way behind your back, then all the way forward. 3. Reach one arm up, diagonally, the other arm down. Reach arms in the opposite directions, holding for a few breaths, then switch. Continue alternating sides.



Step legs wide apart, turning the feet to the right, bend the knee over the heel, chest facing the long side of the mat. Stretch the arms out to the sides. Hold for 2-3 breaths, then reverse as in the following picture and hold for 2-3 breaths. Repeat on the other side.



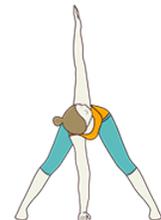
Variation of the Warrior pose, reversing the arms



Step legs wide apart. Turn feet to one side, reach arm out to the sides and hinge at the hip reaching over the right leg. Keep both sides of the torso long, chest facing forward. Roll the top shoulder back, arm in line with shoulder.



Step legs wide apart, fold from the hips. Hold for 3-4 breaths, then take a few small steps in and stand up.



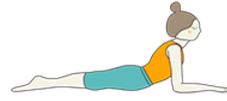
Keep the block from previous image, find twist in the upper back as you lift the arm.



Stretch the legs back, let chin rest on your wrists. As you breathe, feel the abdominal movement.



Stretch legs back, roll up without putting weight on the hands. 3x



Press the forearms down, drawing the mat towards you isometrically. 2x



Press upper arms and shoulders into the floor to lift the chest



Support hips on the block



Bring knees into the chest, relax the back gently rocking side to side.



Rest in a comfortable position, eyes closed. Progressively relax the whole body from the feet up. 1-2 min