

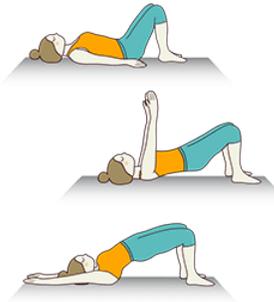
9/22/25 Upper Back Focus



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



Circle the arms through these positions, 3x



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



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



Inhale, reach arm up, exhale, slide it under. Repeat 3x on one side, then switch sides.



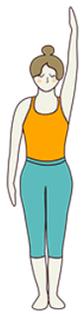
Move hips forward and back, coordinating with breath.



Tuck the tows under and straighten the back leg. Keep weight even in both legs and out of the hands.



Keep the block from previous image. Twist to the right, lifting the right arm, or taking it to your hip.



Start by reaching the right arm down, circle it forward using the full range of motion, turn the palm out and circle behind you. Repeat, then do other side.



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.



Tuck the shoulder blades under, support his on a prop. Hold up to 1 min



Start with knees bent, feet on the floor. Slide hips to the right, draw knees into the chest and move knees to the left. Use support for the top leg as needed. Turn chest away from the knees to bring twist into the upper back. Rest 2-4 min on each side.



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