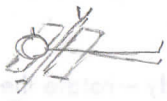


## WARM-UP

### 1. Passive Chest /Shoulder Opener-1 to 2 min



- Folded blanket or rolled sticky mat placed horizontally under the tips of the shoulder blades
- Blanket or rolled sticky mat under head to support the neck
- Shoulders drop back over the mat towards the floor
- Front chest is open

BEND KNEES IF LOW BACK ISSUES

**Purpose** - opens chest & shoulders

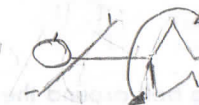
### 2. Knees to Chest (Apanasana)-8-12x



- Lie on back with knees bent toward chest & feet off floor
- Place one h& on each knee
- EX Pull thighs gently, but progressively toward chest
- IN Release thighs away from chest, arms straight

**Purpose** - Gently stretch lower back

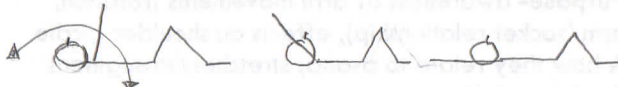
### 3. W/S Wiper- 4-8 x/side; Hold 2-6 breaths



- Lie on back with knees bent & feet as wide as sticky mat Arms in a "T"; reaching out at shoulder height
- Slowly bring your right leg to the floor; follow it with the left leg
- Slowly bring the left leg back to center & to the left; follow with the right leg
- Last time on the Right; hold for 2-6 breaths; then do the left side

**Purpose** - Warms up the hips, thighs; stretches the side body

### 4. Supine Arm Raise-4 x each arm



- Lay out sticky mat
- Blanket under head
- Lie on back with knees bent, feet on floor, arms at side
- IN raise left arm straight up over head & toward floor behind you
- EX Return to starting position
- Repeat on other side
- **Detail** Move arm progressively farther toward floor behind you with each IN; draw lower ribs in towards spine

**Purpose** - mobilize chest, upper back & shoulders

### 5. Seated Shoulder Moves-2 palm out/in

- Hands clasped, chest height, palms down
- Keeping hands clasped, gently pull fingers away from each other
- Straighten arms out to front, palms out
- Lift arms over head; palms out
- Release hands, reach arms back to clasp hands behind back
- Release hands, bring into prayer position at heart center & gently press hands together (good for wrists)
- Repeat with palms in

**Purpose** - warm up shoulder girdle

### 6. Seated Cat-Cow - 8 to 12 x with the breath



SIT NEAR FRONT EDGE OF SEAT

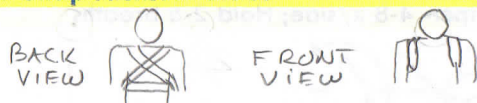
- Seat tall in chair, spine straight, sitting bones rooted into seat
- Place hands on thighs
- IN Tip pelvis forward, arch spine, lift chest, move shoulders away from ears, & look forward Shoulder blades move in towards the spine
- EX Tip pelvis back, round spine, release chest & shoulders, look down Shoulder blades move away from the spine

MOVE SLOWLY THRU ARCH + ROUND

**Purpose** - warm up spine

# CORE PRACTICE

## 7. Strap Jacket Exercise



- Wrap the middle of a long belt around the bottom of shoulder blades; bring ends to front.
- Loop ends over shoulders, cross them over each other behind the head & bring the ends down your back & towards your sides.
- Softly pull the ends of the belt down; feel the chest lift & open across the collar bones & shoulder blades move down the back
- IN & as you EX retain the openness & lift.
- Hold for long as comfortable & release.

**Purpose-** understanding correct shoulder alignment=shoulder blades lie flat on back, bottom tips gently press into back & spread, chest rises

## 8. Mountain Pose

- Feet hip distance apart, parallel; press feet into the floor
- Stand tall in the body, tailbone points to floor
- Lengthen the spine up through crown of the head
- Shoulders back and down, chin parallel to floor or slightly tucked; gaze forward
- Release – relax body or take a step to side.

**Purpose** – align the body, spine; starting position for many standing poses & also acts as a transition posture

## 9. Mountain Pose, with 4 arm variations Exer.

- Arms at side, palms toward body – rotate the arms externally (thumbs point away from the body); rotate the arms internally (thumbs in towards body)
- Arms lifted to sides, palm down - rotate arm externally/thumbs back; rotate arms internally/thumbs forward
- Arms overhead/parallel – rotate externally/palms turn in toward body; rotate internally/palms turn away from body
- Arms overhead/parallel – strongly reach out thru fingers; notice arm bones lift out of socket; draw arms down so arm bones move back into sockets

**Purpose-** awareness of arm movements (rotation, arm/socket relationship), effects on shoulder girdle & how they relate to asana; stretches/strengthens shoulder girdle.

## 10. 5 -Pointed Star - 2 X Hold 30 seconds to min



- Step feet wide & parallel; toes straight ahead
- Raise arms to shoulder height at sides, palms down
- Press feet into the floor, reach crown of head to the ceiling, keep natural curves of spine
- Visualize stretching & lengthening in all five directions at once - head, arms, leg
- Release arms; step into mountain Pose

**Detail.** Breath evenly; IN feel breath come into the center of body; EX, feel breath radiate out

**Purpose** – energize & lengthen your entire body; opens the chest; aligns spine

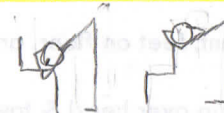
## 11. Goddess Pose – 2x; Hold 30 seconds to min



- Begin in 5 Pointed Star Pose
- Turn feet slightly out; to 45 degrees
- Bend knees & lower hips to floor
- Reach arms out to side, bend elbows, point fingertips to ceiling & turn palms in
- Elbows are slightly lower than shoulders
- Lengthen tailbone to floor, extend spine up through crown of head
- Release- return to 5 Pointed Star Pose, bring arms down & walk feet together.

**Purpose** – Opens chest & hips, strengthens lower body

## 12. Forward Bend, with chair – 4- 8 breaths



USE SEAT OF BACK OF CHAIR

- From Mountain pose, reach arms overhead & parallel, then out to sides & down to floor as you
- Hinge forward from the hip creases
- Fold arms, place on chair or hold opposite elbows with each hand & let the upper body relax to chair or drape to floor
- Release pose-roll up to standing.

USE BLOCK(S) UNDER HEAD TO REDUCE DISTANCE

**Purpose** – Stretch back of body, rest

### 13. Warrior I Variation- 4x /side, hold on 4<sup>th</sup>



- Stand to back of chair in Mountain Pose
- Step right foot back; foot is flat on floor & at slight angle (toes towards long edge of mat). Hips face front.
- Reach <sup>RIGHT</sup> ~~left~~ arm overhead & bend left knee forward.
- Straighten leg & bring arm to side.
- Move in & out of position; hold on 4th for 4-8 breaths.
- Release-straighten leg, bring arm to side, step back into Mountain Pose
- **Detail.** Draw the belly gently to spine on EX; tailbone toward floor (avoid overarch of low back).

**Purpose**-expand & stretch the chest & shoulder girdle & stretch the abs, hips & thighs.

### 14. Cow Faced Pose, Arms



- Mountain Pose; place strap over left shoulder.
- Bring your right forearm to your lower back, walk your hand up the spine as far as it will go & grab the strap; palm faces out
- Reach the right arm overhead, bend the elbow, bring the palm to the upper back; find & hold on the strap.
- Firm elbows back toward the sides of your body.
- Release-let go of strap & bring arms to sides
- **Detail.** Keep arm bone in socket.

**Purpose**-relieve general stiffness & tightness in your shoulders, upper & middle back; improve inner & outer rotation of arm bones

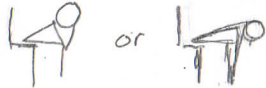
### COOL DOWN

### 15. Seated Chair Twist-30 sec to min ea. side



- Sit with right side of body to back of chair; hold onto sides of the chair. Feet & knees hip distance apart, parallel,
- Hips & torso, face forward; shoulders relaxed & down
- On each EX twist to the right moving up the spine - base, middle, upper
- On each IN, press sitting bones into seat, lengthen the torso to crown of head
- Release-return to center
- **Detail.** Keep head in line with spine each segment of the twist. Turn head to look out over the shoulder at end of twist if comfortable.
- **Purpose**-build strength & flexibility in the spine & abs; adjusts the relationship between the pelvic & shoulder girdles & the spine.

### 16. Seated Forward Bend - Hold 4-6 breaths



- Sit at front edge of seat; feet hip distance/parallel
- Root into sitting bones; lengthen up from belly to crown of head.
- Place hands on thighs & fold forward from the hip creases to bring the torso over the thighs; keep the spine long as you fold forward.
- As you fold forward slide the hands down to your knees until you can rest the elbows just past the knee.
- Release-roll back up to sitting
- **Detail.** If comfortable bring torso to rest on thighs and hands to the floor. Let head and neck release.

**Purpose**-Stretch the back of the spine, shoulder and pelvic girdle.

### 17. Crocodile Pose-1-5 mins



- Lie face down, fold your arms, each hand on the opposite elbow
- Rest the forehead on the arms
- Separate the legs at a comfortable distance (mat width) with the toes turned out or whatever position is most comfortable for you
- Close your eyes & relax the legs, abdomen, shoulders, & face
- Turn your attention to the breath & feel the flow of the IN/EX.
- **Detail.** To prevent discomfort in low back, place a folded blanket under the lower belly (below the navel); prevents overarching

**Purpose**- supports diaphragmatic breathing, helps release tension mid-torso where the diaphragm attaches.

### 18. Savasana with shoulder opening-2-5mins



- Fold blanket into bolster & lay lengthwise along the mat; with one end near top of the mat.
- Sit against short edge of the bolster & lay back over the bolster.
- Fold the bolster under to support the head & neck.
- Let the shoulders drape over the sides.

**Purpose**- relaxes the shoulders; cease effort & consolidate gains from poses you've done. Shift between practice & the rest of your life.