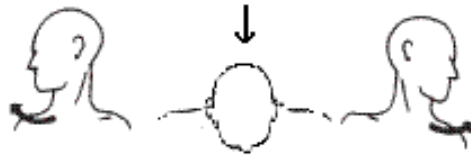


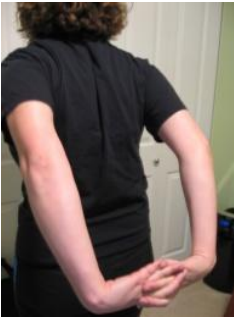
Yoga for Shoulders Arms & Neck



Mountain pose



Gently relax left ear to left shoulder on an exhale, stay to inhale then exhale slowly roll head forward and inhale left ear to left shoulder, then slowly reverse. X3 on each side.

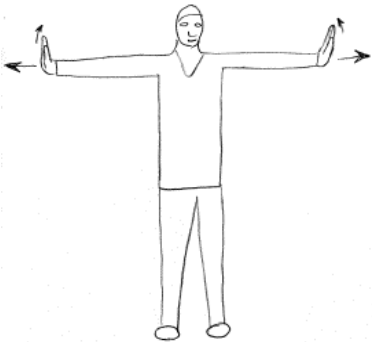


Interlace fingers behind with open palms. Exhale roll shoulders back and down. Hold and breathe for x2 breathes. Then open arms wide and wrap arms hands hold outside of shoulders like a hug. Breathe x3 breathes. Swap sides and other arm on top and do same breathes.



Interlace arms above head, exhale slowly breathe hands into air, keep shoulders down away from ears. X3 breathes.

Then raise on to balls of the feet x3-5 breathes.



Roll shoulders blades in down and out like two circles on and in hale and exhale. On the exhale gently push heel of palms out like gently pushing apart two walls. x9 breathes



Roll shoulders slowly and gently back and down x3-5 exhales.

Then stand still in mountain pose to Absorb and be aware of the change.

