

## Shoulders

- stand / sit tall
- draw tops of shoulders down away from ears; at same time lengthen neck + top of head to ceiling (without straining to do so)
- draw shoulder blades down back
- think of shoulder joints - not up or forward one may do their own thing!
- chest open; long spine + waist

### all

- legs straight or bent; hands up to ceiling palms face; feel shoulder blades spread + flat on mat; tops of shoulders away from ears; long neck.
- feel back of shoulder joints on mat - both
- reach one hand up to ceiling lifting that shoulder joint off mat (not a big move) then lower, make sure back of shoulder joint is back on mat before lifting the other.

### LO

→ top of head

- back of arms + elbows on mat; elbows 90° fingers point to ceiling; back of shoulder joints on mat both!! shoulder blades spread + flat.
- keep all the above + bring fingers to feet ~~of~~ don't let s. joints pop up!!

LOW  
→ top of head

- as previous exercise.  
Now take the palms to floor

☒ Keeping shoulder joints down!



- lying on mat; elbows in W-shape  
as you breathe out draw elbows to waist

☒ trying to keep as much of back of arms  
+ hands on floor + not allowing  
shoulder joints to pop up!!

Stand or sit tall

☐ setup:

without leaning forward bring chin  
toward chest; draw fingers, tips  
to floor; draw chin + top of shoulder  
down.

- keep this ↑ turn head to look toward right  
hand; hold briefly; centre then left
- Repeat few times then slowly bring head up.

☐ Setup as above

turn head to left; don't let shoulders  
or body move; centre; right.