

Yoga for a Flexible Happy Spine



(Week 5)



Welcome to Week 5 of Yoga for a Flexible Happy Spine! You are rocking this! We are down to our last four postures and then we will be ready to ramp it up and do the entire vinyasa/flow. Thank you for going on this journey with me as I continue to navigate and create this new virtual sacred space. Enjoy!

Propeller

- Put your left hand in front of your heart, palm facing out
- Interlock your right hand with your left and hook the fingers together, pull the hands gently, keeping the elbows straight, the hands should meet in front of the heart
- On the inhale lift the left elbow, and on the exhale lift the right elbow
- Do this in a steady pace for up to 26 times, make sure you inhale deeply and exhale with a nice push

Benefits

Boost the immune and lymphatic systems also opens the heart and lungs

Hands to Heaven

- Bring feet hip distance apart.
- Inhale, raise the arms above shoulders and head interlock fingers palms facing each other
- Exhale twist palms away & up to face sky stretching the hands above your head.
- Inhale Deeply and Exhale with a little force (do this twice)

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- On the third inhalation hold the breath as long as you can, and then release it through the mouth with a nice long thrust

Benefits

Strengthens arms, shoulders, upper back and neck