

# Yoga for a Healthy Flexible Spine II

Greetings Beautiful People! Welcome to our second series of yoga for a healthy, flexible spine. We have really been enjoying ourselves and hope you have gained a deeper understanding and communication with your inner-world. ☺ We are going to be focusing on opening our heart and shoulders, releasing tension and breathing in compassion and softness.

Shoulder stretches have numerous potential health benefits...

- reduce tension
- relieve pain
- increase mobility
- reduce the risk of muscle and joint injury
- improve posture

**NOTE: If you have any shoulder injuries please honor your body and avoid these exercises. There's A LOT of other stuff you can do!! ☺**

## Cross Body Shoulder Stretch



1. Sit comfortably, roll your shoulders back and stretch your right arm across your chest parallel to the floor (keep the arm straight,) and stretch your hands to the front with palms facing upwards and elbows bending in.
2. Take your left hand inside the right hand and make sure that your left elbow is straight. Then take the right hand close to the wrist (not close to elbow) and straighten your elbow.

3. With the help of your right hand, bring your left hand in. Keep your head straight and look forward. Feel the stretch in the left Deltoid Muscle.
4. Hold the pose for 10 deep breathes.
5. Inhale and come back to the center.
6. Repeat this pose twice on both sides.

### Shoulder Blades Stretch 1



1. Sit with back straight, knees and feet parallel to hips.
2. Interlock the fingers while keeping your back and head straight.
3. Gentle pull your shoulders back, keeping the arms straight down (do not lift them up.) Relax into the stretch with chin parallel to the earth and relax.
4. As you breath into the position, gentle bring your shoulder blades closer together, feeling a nice stretch across the chest.
5. Take five deep breathes in the position, release and relax and repeat again.
6. Do this periodically throughout the day.

### Shoulder Blades Stretch 2/ modified stretch



7. Sit with back straight, knees and feet parallel to hips.
8. Interlock the fingers while keeping your back and head straight.
9. Gentle pull your shoulders back, slowly lift your arms, allowing your shoulders to extend further back. (if it becomes to tense or painful, lower the arms to a point where you feel a gentle stretch.)
  - a. Modification: if the shoulders are tight or sore, you can modify the pose by gentle lifting your arms on the back of the chair or by grabbing the arms of the chair and gently pulling. You can also hold your hands out behind you in a parallel position, allowing yourself to melt into the stretch.)
10. Relax into the stretch with chin parallel to the earth and relax.
11. As you breath into the position, gentle bring your shoulder blades closer together, feeling a nice stretch across the chest.
12. Take five deep breathes in the position, allow yourself to connect with the movement and expansion. Release, relax and repeat again.
13. Do this periodically throughout the day.

### Forward Fold Shoulder Stretch



1. Stand on the knees with toes on the mat.
2. Begin to interlock the fingers just behind your back.
3. Next, Inhale and bring your hands up with your palms facing out. Slowly bend forward and place your head on the floor. Proceed to drop your hands towards the floor and take it down as much as you can while you slowly inhale and exhale.
4. Hold the pose for 10 seconds and come back up slowly.
5. Repeat action 3 times.

