

*“ Our Practice is to practice”*  
*“Surrender and Stay Open to a Higher Form of Consciousness”*  
*“Release tension and allow your creative energy to flow.”*  
 Swami Chetanananda, The Movement Center

## Let’s practice – Shoulder Strength, Flexibility and Integration

Position/Orientation	Broad Purpose	More Specific Poses with Instruction
Reclining	Transitioning from your day and Shifting your Attention Inward	<p style="text-align: center;"><b>Take Time to Lengthen and Align on your mat</b></p> <p style="text-align: center;"><b>Breath</b></p> <p>Gently Focus on your breath and Release Deeply with each exhale</p> <p style="text-align: center;"><b>Chakra</b></p> <p>Visualize and feel your breath in your energy centers on the midline &amp; allow them to expand and open</p> <p style="text-align: center;"><b>Flow</b></p> <p>Connect, Integrate and Circulate the energy</p> <p style="text-align: center;"><b>Presence</b></p> <p>Generate a deep felt sense &amp; observe yourself in this moment</p> <p style="text-align: center;"><b>I Am That I Am</b></p>
On your back	Hip Release	<p style="text-align: center;"><b>Linda Lack Hip Release Series</b></p> <p>Start with knees bent, feet wider than hips and knees resting together</p> <ul style="list-style-type: none"> <li>• Releasing knees and nose to the left. Staying, releasing to gravity, feeling for space. Repeat to the right</li> <li>• Releasing to the left as before. Add right arm unfolding to the right and above the height of the shoulder, palm up on the floor. Stay &amp; Reach. Repeat to the right             <ul style="list-style-type: none"> <li>• Releasing left. Settle into the release and then lift back/right leg and hold the right ankle with your left hand, placing the right foot on the floor or inner left thigh. Turn head to the right and outstretch right arm into more “traditional” twist. Repeat to the right.</li> </ul> </li> <li>• “360 Degree” Flowing movement coordinated with your exhale and inhale starting to the left, with sweep and reach of the right arm across the body, reaching to “12 o’clock”, continuing around to the right, and then bring the body back to the central starting position.</li> </ul> <p style="text-align: center;"><b>Easy Twists</b></p> <p style="text-align: center;">Dynamically side to side</p> <p style="text-align: center;"><b>Leg Lifts and Hip Opening &amp; Closing with the Breath</b></p> <p>Optional to use a strap to hold and support the legs</p> <p style="text-align: center;"><b>Reclining Lunges</b></p> <p>Dynamically in and out of the lunge, alternating sides</p> <p style="text-align: center;"><b>Bridge Pose</b></p> <p style="text-align: center;">First dynamically and then hold</p> <p style="text-align: center;"><b>Reclining Baddha Konasana</b></p> <p>Bound angle with or without feet on the floor, or Happy Baby</p>

Kneeling	Warming up,	<p align="center"><b>Table Pose</b> Chakravakasana <b>Downward Dog (DD)</b> Adho Mukha Svanasana Optional - with blocks and blanket under heels Dynamically from Down Dog position to Table position <b>Down Dog to Plank</b> Dynamically first and then Hold Plank Lower to the floor</p>
Floor on Belly & Transition to Standing	Back Strength & Shoulder Opening	<p align="center"><b>Cobra and Locust</b> <b>Swimming Cobra</b> Alternately from table pose raising and lowering one arm and opposite leg <b>Downward Dog</b> Adho Mukha Svanasana With leg raises and hip opening variations Between sides rest in Child's pose <b>Forward Bend</b> Walk hands and feet together and release in the FB <b>Tadasana</b> Round up to standing</p>
Standing	Shoulder and upper back and chest opening	<p align="center"><b>Tadasana</b> Shoulder Rolls Neck releases Arm raises and holding a) palms facing one another b) fingers laced and palms turned up <b>At the Wall</b> <b>Pectoral Opening</b> – Inner Hand above shoulder height and behind; Feet perpendicular to wall about 12 inches from wall; inner knee bends slightly <b>Lunge</b> with forearms to the wall <b>Wall Vasisthasana</b> - Side Plank at wall <b>Back to wall;</b> with back of hands to the wall, raise and lower arms</p>
Standing	Flowing and Feeling	<p align="center"><b>Easy Flowing Vinyasa</b> BB, FB, Side to side with arms raised, Twist side to side with arms at shoulders height, Arm raise overhead and then down into prayer position; Repeat 2-3 times listening to your breath flow in and out.</p>
	Shoulder Strength and Integration	<p align="center"><b>Dolphin Pose to Dolphin Plank</b> Dynamically and then hold <b>Child's Pose to Rest</b> <b>Vasisthasana</b> Side Plank with variations Full pose with straight arms or variations a) wall version b) from forearm and c) with one knee bent and foot on the floor <b>Child's Pose</b> to Rest</p>

<p>Floor Transition to Rest</p>	<p>Balancing Poses Preparation for Resting Inner Alignment Absorption of efforts and deepening Release</p>	<p><b>Arm Raises</b> Knees bent and feet on the floor; let arms come to the floor overhead and reach and rest <b>Arm Sweeps across chest</b> Soft and dynamic and then stay and rest <b>Hips Releases</b> Soft release to each side and stay <b>Corpse Pose</b> Savasana/Sivasana Resting with any props to aide in your comfort</p>
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