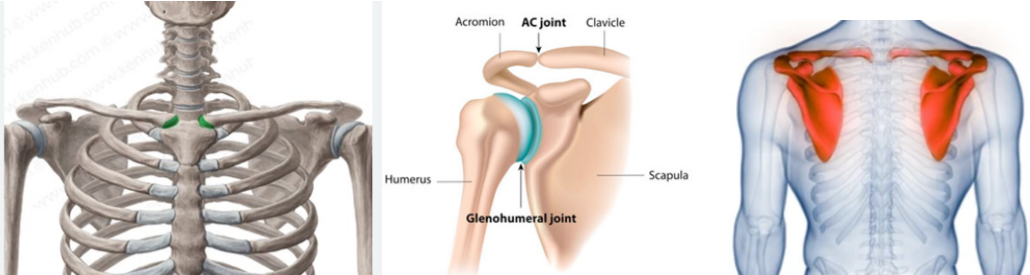
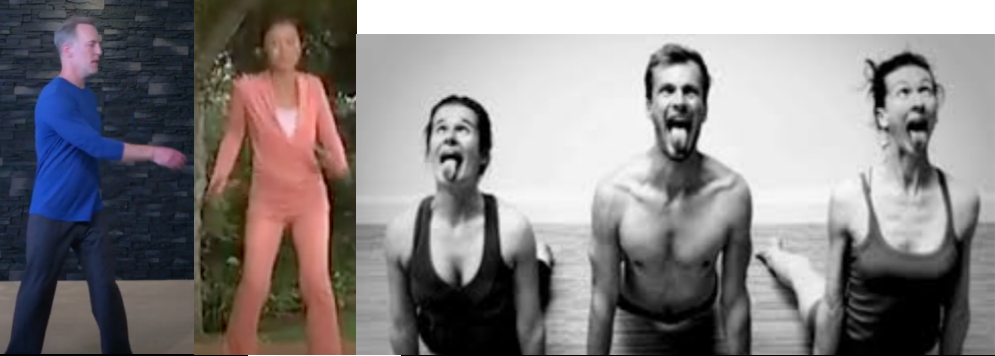

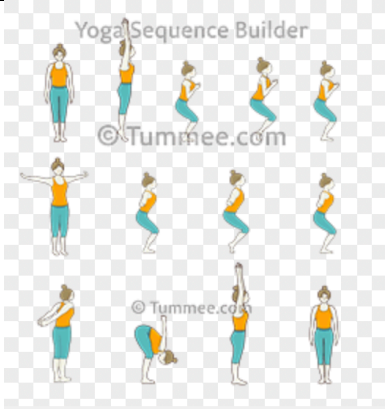




# Shoulders yoga #1 without strap

**Props: mat, wall, blocks**

<p>Standing</p>	<p>Palpate shoulder girdle – trace your collarbone and feel the upper ridge of your scapula Massage your Throat – front, back, around up and down</p>	 <p>The anatomical diagrams show the skeletal structure of the shoulder girdle. The first diagram is a front view of the ribcage and shoulder blades. The second diagram is a side view of the shoulder joint, labeling the Acromion, AC Joint, Clavicle, Humerus, and Glenohumeral joint. The third diagram is a front view of the torso with the scapulae highlighted in red.</p>
	<p>Qigong/ shaking Face and Throat Lion Face/Simha Mudra – Inhale and then Exhale, Open Mouth and make a sound like a “Hiss” or :Growl”</p>	 <p>The photographs show a man in a blue shirt performing a Qigong movement, a woman in a pink outfit performing a similar movement, and three people (two men and one woman) performing Simha Mudra (Lion Face) with their mouths open and tongues sticking out.</p>
	<p>General Area Warm-ups</p> <p>Starting in Tadasana/Mountain pose, Breathe, Focus, Connect. Then raise arms and Lengthen. Then sweep arms up and let your gaze follow and exhale lower your arms and let your gaze follow NOTE: Sweeping is not pictured</p> <p>Then continue with additional shoulder and throat opening movements e.g. those pictured here.</p>	 <p>The illustrations show four yoga poses: Mountain Pose (Tadasana) with arms at the sides, a standing pose with arms raised overhead, a standing pose with arms swept across the chest, and a seated pose with arms raised and hands near the head.</p>

<p>Vinyasa ending in chair pose</p> <p>Start in Mountain’ Swan Dive/ Forward Bend on an exhale; Inhale Reverse Swan back to standing lacing fingers and pressing palms to the ceiling; Exhale Side Stretches to each side; Lower arms to shoulders height, palms up on an inhale and then exhale, twist to each side; Coming back to center on an inhale, stay for an exhale; Raise your arms overhead on an inhale and exhale sitting into Chair pose: Stay several breaths first with bent elbows moving in an out with the breath and then extending arms forward and up, palms facing one another.</p>	
<p>Wide legged Forward Bend</p> <p>To Wide-Legged Downward Dog</p> <p>To Opposite toe touch</p> <p>Then hold to each ankle with “back” hand reaching around to hold the little toe side of the foot or ankle. Let your head release and soften in the shoulders.</p>	
<p>Warrior II</p> <p>To Side Angle with gaze lifted to look at an in-turned palm</p> <p>Then turning your gaze to floor and folding the upper arm to low back/waste. Soften the rear side of your throat and let the rear shoulder rest against your back. NOTE: Not shown.</p>	

<p>Transition to the Floor</p>	<p>Standing in Tadasana</p> <p>Then round down to Uttanasana/Forward Bend</p> <p>Then walk hands out into Adho Mukha Svanasana/Downward Dog</p>	 <p>Mountain Pose</p>
	<p>Dynamically alternate between Down Dog and Phalakasana/Plank pose, inhaling into Plank, and exhaling into Down Dog</p>	 <p>Downward Dog</p>
	<p>Rest in Child's pose/Balasana</p>	
	<p>Bharmanasana/Table pose</p> <p>Then with arm reaching under arm pit</p>	
	<p>Bhujangasana/Cobra pose</p> <p>Salabasana/Locust with or with out feet lifted and hands are shoulders width apart and palms facing one another</p> <p>Swimming Cobra</p>	 <p>BABY COBRA</p> <p>LOCUST POSE</p> <p>lift feet and chest off floor</p> <p>gently separate shoulder blades together</p> <p>hips and tailbone are clamped at floor or block through</p> <p>press in back and chin to lift gently</p>

<p>Reclining</p>	<p>Simple Twists, moving dynamically and then releasing and resting</p>			
	<p>Setu Bandha Sarvangasana/Bridge pose</p> <p>Move in and out of the pose, inhaling lifting hips as you sweep your arms to the floor overhead. Then exhale arms and hips back to floor. NOTE: not shown</p>			
	<p>Linda Lack with arm reaches – Let knees release to one side and turn your head in the same direction. Then reach the rear arm along the floor and lengthen.</p>			
	<p>Heart lifted on a bolster with legs extended or in Supta Baddha Konasana/Bound Angle</p>			
	<p>Sivasana/Corpse pose</p>			