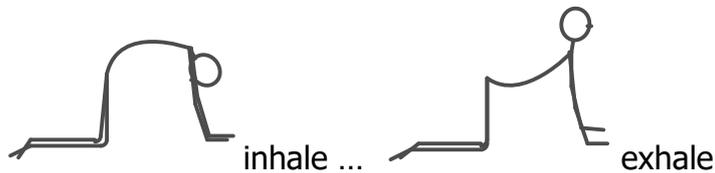


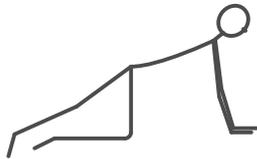
## Three for: Neck and Shoulders

First warm up. Seated, take some gentle neck and shoulder rolls.

Come to all fours and take some easy movements with the breath in Cat to Cow:



Then stretch out the calves and backs of the knees (or come to downward facing dog if prefer):



Then come to stand and add in some half sun salutations keeping the movements soft and the knees a little bent if you need to; from Tadasana inhaling the arms up and lifting the chest a little, and then gently exhaling to fold down, bringing the arms towards the floor or your shins. Repeat three or four times with steady breath.



### Eagle arms

Sitting cross legged or in a chair, kneeling, or standing, wrap the right elbow as far over the left arm above the elbow as you can. Stage 1: take your right hand to rest on your left shoulder and your left arm to rest on your right shoulder. Lift the elbows up, keeping the spine straight and gazing ahead. Stage 2: alternatively, bring the backs of the hands together, or if available wrap the forearms around to bring the palms together, as pictured. Lift the elbows and gaze forwards, breathing for a few rounds before undoing, rolling the shoulders, and wrapping round the other way.



### Brick Shoulder Hang

Start in all fours, with your bricks at shoulder width apart, on the "medium" setting. Draw the pelvis back towards the heels, without shifting the knees back. Bring the palms together, and start to lower the chest down towards the floor between the upper arms. Forehead may or may not come to the floor, depending how tight you are in the shoulders. You can then leave the hands in prayer in front or draw the prayer back to rest at the back of the neck or upper

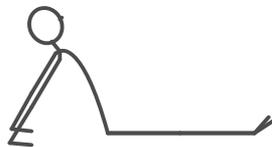
shoulders. Stay for a few breaths, then come out carefully in reverse, releasing into child's pose.



### Twisted wide legged child

Kneel with the knees apart and the big toes touching. Extend both arms forward, then turn the left palm up and thread it underneath the right armpit, pressing the fingers out to the right. Press the left shoulder blade firmly into the floor and pull back on it a little, feeling the muscle stretch a little more. Keep pressing the left arm, hand and fingers out to the right. Your right arm can come to rest behind the waist if comfortable, or stay extended in front of you. You can place a block or folded blanket under your seat if your knees don't feel comfortable. Breathe for several breaths and then reverse out, repeating on the other side.

stay extended in front of you. You can place a block or folded blanket under your seat if your knees don't feel comfortable. Breathe for several breaths and then reverse out, repeating on the other side.



**To finish:** Bend the knees and rock from side to side on the hips, then take a simple seated backbend. Lie down onto your back.

Take a gentle lying twist keeping feet on floor, to release through knees, legs and back. Take knees over to the right first and plug the left shoulder into the floor, gazing towards the left if that doesn't hurt your neck. Breathe here for a few breaths and change sides, using your bandhas to lift the knees up to center and lower them to the left.



Finally, rest in Savasana for a few minutes

