

STRETCH SESSION 4

Back and chest

Begin in mountain pose with proper alignment: ear over shoulder over hip over knee over ankle.

- Bring arms up to shoulder height, inhale, open arms out wide, squeezing shoulder blades together.
- Exhale, bring arms across the front of the body, giving yourself a hug. Reach the hands around to the back, touching the shoulder blades.
- Notice which elbow is on top.
- Inhale, open, exhale, come back to hug with the other elbow on top.
- Repeat 3 times, release
- Roll shoulders back and forward.

Eagle arms

- Inhale, arms to “goal post” position with arms at shoulder height, elbows bent, forearms and hands toward the sky. Exhale, bring arms together in front of body with elbows, forearms and palms touching. Inhale, lift arms (elbows) up to shoulder height. Exhale, release. Repeat 2 more times.
- Inhale, goal posts, exhale, bring arms together, dropping one elbow below the other, winding arms so backs of forearms and hands are together. Want a challenge? From here, wrap hands palm to palm. Lift elbows to shoulder height.
- Note which elbow is underneath. Release. Repeat with opposite elbow underneath.
- Release and unwind, roll shoulders forward and then back.