

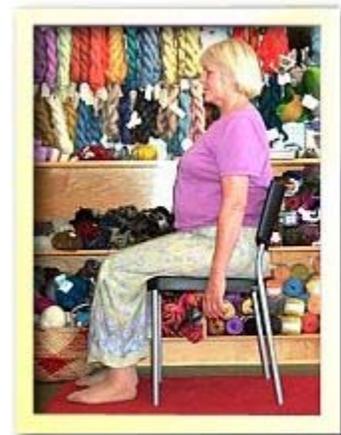
Yoga for your Neck and Shoulders

Refrain from judging or placing high expectations on yourself as you learn these exercises. When you feel discomfort or pain, simply stop. If you feel dizzy or nauseous while practicing, simply stop. If you feel any tingling or numbing sensation while practicing, simply stop.



Breathing with Shoulder Rolls

Gently relax the soles of your feet into the floor sitting tall and alert. Breathe naturally through your nose, relaxing your lips, tongue and jaw. Press your shoulders forward and down. Pause. Inhale your shoulders forward and up. Pause. Hold the breath in as you press your shoulders up and back. Pause. Exhale the breath slowly as you slide the shoulders down the back. Pause. Hold the breath out as you press the shoulders forward and down. Pause. Inhale slowly as you lift the shoulders forward and up. Pause. Hold the breath in as you press your shoulders up and back. Pause. Exhale the breath slowly as you slide the shoulders down the back. Pause.



Hold the breath out as you and bring your shoulders forward and down. Pause. Begin again slowing it down on the inhale and exhale. Do this 10 times.

Mountain Pose

Stand with your feet parallel at hip distance, equal weight distribution on four corners of each foot, lengthening your toes forward. Draw energy up your legs, stand tall, drop your tailbone and use your back muscles to lengthen the spine away from your pelvis. Broad chest, soft shoulders, allows your arms to dangle by your sides. Feel your neck lengthening by stretching the crown of your head towards the sky. Soften your face muscles; forehead, corners of the eyes, jaw, lips and chin. Feel the miracle of life inside you by breath mindfully and being still and attentive to yourself.



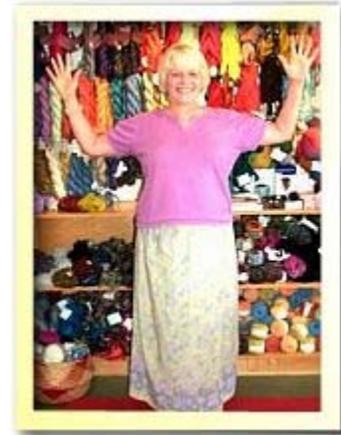
Moving Mountain Pose

Standing in Mountain Pose, fix your soft gaze in front of you and hold steady. Breathe. Initiate your movement to your movement. Inhale slowly, synchronizing your heels lifting off the floor balancing on to your toes, exhale slowly synchronizing your heels lowering down to the earth. If it feels good, and you have no neck or shoulder injury, add the arms. Inhaling floating up on your toes as your arms float up to the sky, palms face in, exhale lowering your heels down as the arms return to your sides. Do this 10 times.



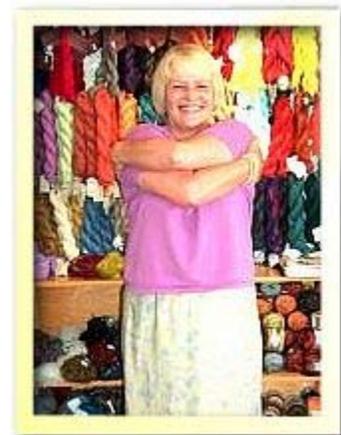
Shoulder Blade Wrapper

Standing Tall in Mountain Pose, extend your arms out to your sides. Bend your elbows so that your forearms are perpendicular to the floor. The palms of your hands are facing the same direction as your heart. Exhale completely as you squeeze your elbows down and towards each other behind your back. Feel your shoulder blades wrapping around your spine as your dome of your chest widens with each exhale. Do this 10 times.



Self Hug

Take your right arm across your chest reaching for your left shoulder blade. Take your left arm under your right arm stretching for your right shoulder blade. Now that you are in your arms, tuck your chin towards your chest and breathe long and deep. Notice on your inhales the two back lobes of your lungs are pressing into your back and hands. With each exhale soften your shoulders, elbows and grip. Rest and relax into your hug. Five mindful breaths. Then reverse your hug and do the other side.



Ear to Ear Shoulder Stretch

Start with your right ear. Sitting tall breathing long and deep gently lower your right ear toward your right shoulder. Please try to keep your shoulders square without slouching. If you're an over achiever remember the ear never touches the shoulder. If that's comfortable, float the right palm of your hand and rest it on the crown of your head allowing you left arm just to hang and dangle. Take five long deep breaths, and with each exhale relax your left shoulder more. When you are finished with your right side, please do the left side too.



Armpit Stretch

Sitting tall breathing long and deep gently lower your right ear toward your right shoulder. Drop your left shoulder and slowly rotate your nose towards your right armpit. Float your right arm up resting your hand on the crown of your head. Five long deep breaths. Slowly return your head to neutral and do the left side.



Sitting or Standing Prayer Pose

Sitting or standing very tall, press your palms together in prayer pose, knuckles of the thumbs gently pressing in to your chest. Be sure that your wrists are in line with your elbows and your fingers and thumbs are facing up towards the ceiling. Firmly press them together as you lift the chest sliding your shoulder blades down. Take five long deep breaths. Prayer pose can be repeated as needed during your day.

For additional yoga stretches to help your specific body needs, please check out the other exercises on this website.

