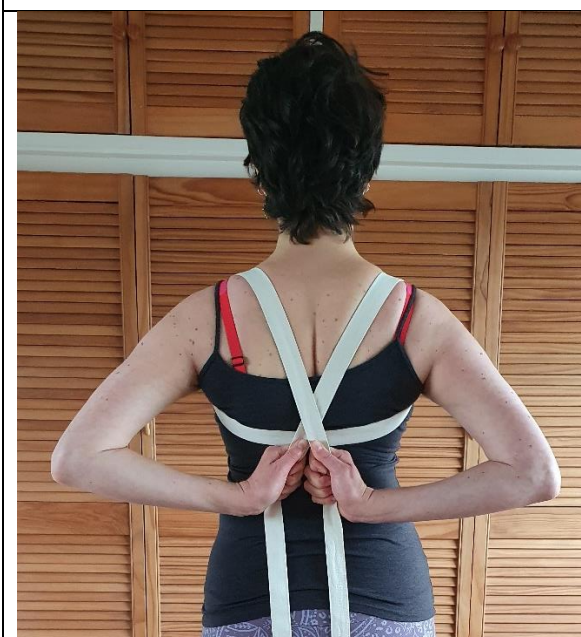




Practice ideas 8 – upper back, shoulders

Swastikasana – fingers tips on the height you're sitting on, then fingers linked behind



Use belt to encourage trapezius muscles down – lovely to release neck and shoulders if you've been a computer or hunched over too much 😊



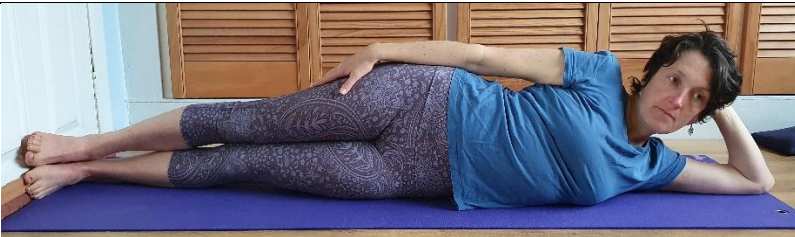
Supine tadasana then urdhva hastasana with arms belted – feet wide gives space, try with feet together too.



Can take wrists to height if shoulders stiff, and/or take arms wider



Anantasana – just the lying on side part for shoulder movement



And with arm bent – work to release armpit and extend to elbow



Adho mukha virasana – head on support, finger tips – helps move shoulderblades in



Elbow dog – if you have the wrist flexibility then palms vertical on wall, slightly turned out. If not, then hands flat on floor. Shoulder blades in!



Adho mukha svanasana – again hands up wall if you like! Belting upper forearm/elbow can be interesting.



Or hands on bricks...or floor of course



Tadasana against wall, arm variations – try to keep shoulders and wrists on wall



Ardha parsva hastasana – hand to wall, fingers pointing back, outer corner of elbow lifting, slide shoulderblade down and into back.

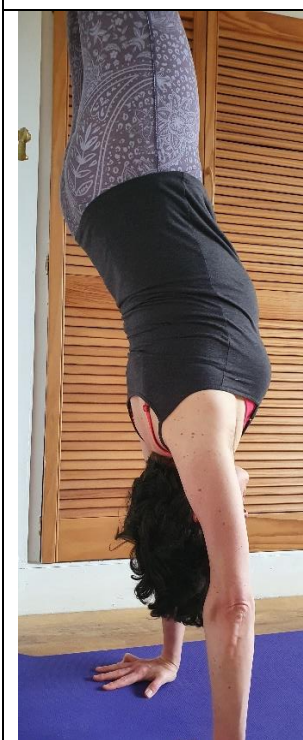


Urdhva hastasana belted arms – so fascinating seeing the photos – I didn't realise my right shoulder was lifted up and in compared to left! Aim for evenness.

BELOW Inversions if they're in your practice – as usual I could lift my pelvis a bit more in these photos! Shoulderblades in – we've done all the prep at this stage.

I show a variation of pincha mayurasana with arms belted and palms turning up – there are many others to explore.

You could do uttanasana and prasarita padottanasana if not doing inversions.





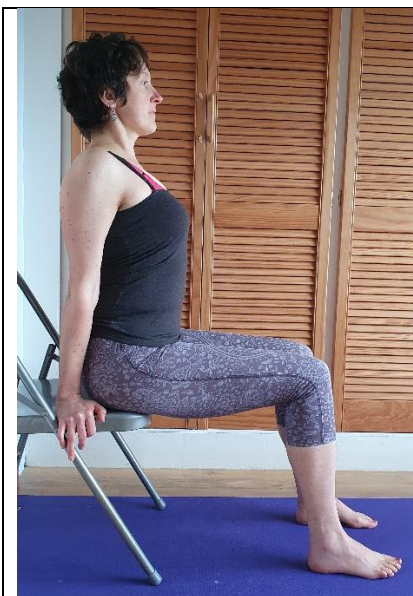
Bhujangasana (cobra) and salabhasana (locus) – can try with arms belted in latter.



Urdhva mukha svanasana – remember you can have toes on top/under, you can have height under hands...lots of ways to work.



Or with a chair



Purvottasana variations....choose your level





Paryankasana – or just lie over a rolled blanket/bolster/brick if this is not in your practice.



Supta virasana – I'm doing this to two lengthways bricks with sandbag on thighs = lovely 😊



Setu bandha sarvangasana on brick with feet tied – or another variation – or supported chatushpadasana (legs stay bent) if straight legs isn't within your gift just yet



Chatushpadasana with arms belted



Then lie into supta tadasana with arms still belted -great for getting neck and uppermost thoracic spine well in and freeing up any tension in neck/shoulders



Can do savasana like this too



Or remove props entirely – release!