
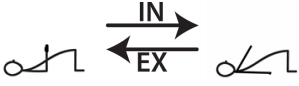








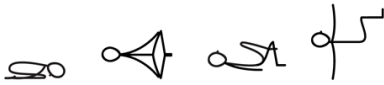
## Neck and shoulders

1.		<p>Constructive rest , focus on the spine, in particular the cervical spine and the area in between the shoulder blades.</p>	<p>Alternate arms warming the shoulders , first up and down then circles and look opposite direction ( x 4) .</p>
2.		<p>Both arms in L shape, push elbows down onto floor with the inhale , release on the exhale ( x4)</p>	<p>Lift one arm and pretend to shake hands vigorously. Then the other arm then both then relax.</p>
3.	 <p>warm up sequence for neck and shoulders</p>	<p>neck stretch 1( hand on head to shoulder) neck stretch 2 ( behind neck) neck circles 9 ( slow) Look L and right + hand on cheek shoulder shrugs</p>	
4.		<p>x 3</p>	
5.		<p>Chest opener ( interlace hands behind the back) then release and fold forward. repeat twice swapping crossed leg.</p>	

## Neck and shoulders

6.		<p>Extended puppy with prayer hands to release the shoulders then move to downward dog and walk to forward fold, then mountain.</p>	
7.		<p>march on site opposite arms and legs then pause with one leg up (balance practice)</p>	
8.		<p>dynamic chair pose x 3 then hold with cactus arms.</p>	
9.		<p>warrior one with chest opener (use belt if needed)</p>	
10.		<p>Warrior II then humble warrior on both sides - child pose.</p>	
11.		<p>compensate with prasarita with side stretch using the breath.</p>	
12.	<p>Eagle prep</p> 	<p>Begin in mountain pose, stand on one foot open 1 leg to the side then close x3 then get into the posture.</p>	
13.		<p>Childpose vinyasa to prep for twist in thread the needle.</p>	

## Neck and shoulders

14.		Thread the needle ( 3 x dynamic then hold)	
15.		sphinx , Locust.	
16.		Closing sequence.	

## Candle relaxation