

Top 5 shoulder openers

1. Take circles with your shoulders to open up the Nadis/Meridiens/energy channels
2. Inhaling, raise your arms above your head, fingers interlaced, exhaling release your hands behind your lower back, interlace your fingers and press palms down to the earth.



3. Eagle - open your arms and place the right underneath the left, draw your elbows together, exhale & relax your shoulders, inhale, raise your elbows. Repeat 3 breaths.



4. Inhale, raise both arms above your head, catch your right elbow with your left hand and open your left arm in a wide circle, reach your left finger tips up to meet your right hand. open your heart as you inhale, as you exhale relax your shoulders. Repeat 3 breaths.



5. Opening your arms to shoulder height, exhale and release your arms down, either catch your elbows or bring your hands up together **in reverse namaste**. Take 3 breaths, opening your heart and lung cavity, exhale, release your shoulder blades and press your hands together.



Shake it all out!