HOLISTIC HEALING A

SHOULDERS & ARMS

Mountain Pose – hip width feet and holding doweling rod overhead

Iyengar Sun Salutations x 3

* 3 x arm movement & hip fold
* 3 x wall pushups
* 3 x arm movement & hip fold

4 Therapy Wall Movements

Shower Pose – Standing

Shower Pose – Lying

Kneeling Elbows on Chair (sandbag optional)

Chair – Eagle Arms

Chair – Cow Arms

Chair – Reverse Prayer

Chair – Interlaced Fingers Overhead

Chair – Coffee Table

Floor – Coffee Table

High Plank – on forearms

Bolster Chest Opener – hands on wall

Barrel Chest Opener – hands on wall

Chair Chest Opener – 4 Hand Positions

Chair Spinal Twist – purple block between thighs & feet

Viparita Karani – with large bolster

Relaxation – on block & brick with sandbags