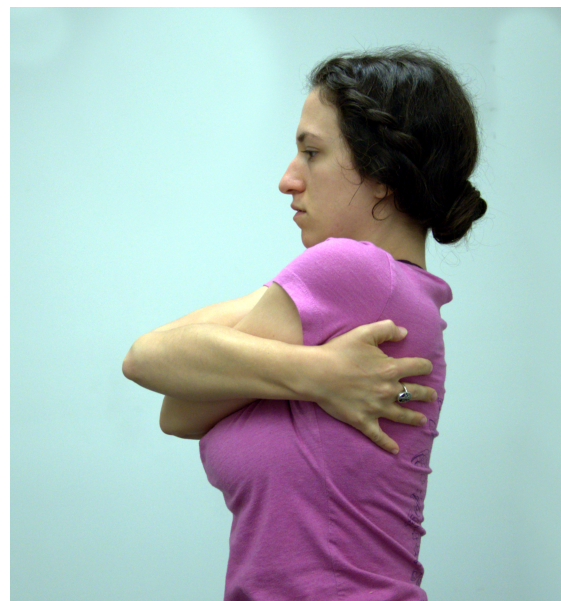


Back of Shoulders / Posterior Shoulder Stretches



Eagle Arms

Place the (Left) elbow on top of the right, then twist the arms so the palms touch (use the modified version as needed). Bring both elbows up to eye-level and take deep breaths into the upper back. Hold for 10-20 breaths then repeat on (Right) elbow.

These arm variations can be added to standing poses for a full body stretch.

Modified Eagle Arms



Posterior Shoulder Stretch: Place (Left) arm over the (Right) arm and reach the hands away from each other. 10-20 breaths into the upper back then repeat on (Right) side.