

Take Home Flow 2-7-09

Yoga for Shoulders

Our shoulders are one of our body's storage bins for stress. We talk of shouldering responsibility, carrying the weight of the world on our shoulders... Use this flow to free your shoulders of built up tension and to feel light and free.

Come to your center

Sit comfortably. Begin with a few moments to listen to your breath, becoming quietly centered. As you connect with your breath, begin to let your arms flow up and down with each wave of breath, *May this practice bring freedom to my body.*

Awaken your body

For a few breaths, play with a few poses to awaken your body and your connection to your movement. Release the neck, open the spine with cat/cow flows, stretch into downward facing dog, release into a standing forward bend... When you are ready, make your way to sit or kneel dog for your flow.

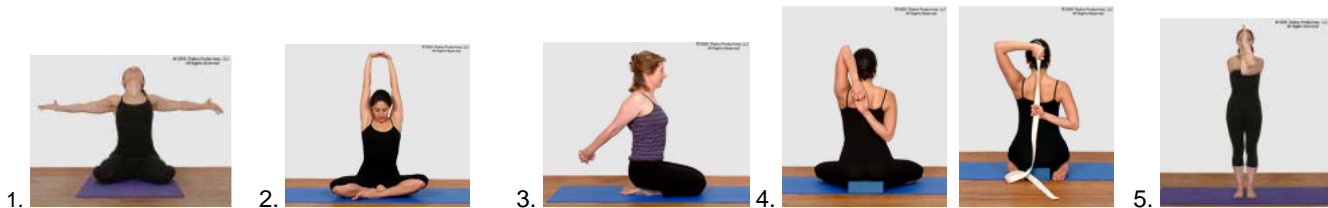
Flow

1. From kneeling, begin lifting your shoulders up, back and down in circles. As the circles get bigger, let your arms begin to circle around and around. Enjoy the release of tension as you flow in great big circles, around and around. End with a big open "YES" with your body
2. Lace hands together overhead, lifting the palms toward the sky. Even as the hands lift, the shoulders relax down.
3. Now sweep the arms back to lace behind your back. Feel the front of your body open into a beautiful expression of your heart.
4. Take one arm to the sky, the other behind the back. Reach to grasp fingers behind the back or hold a belt or tie in the top hand and catch it with the bottom hand. Ease into the opening of each shoulder. Repeat on the other side.
5. Wrap the right arm over the left, hugging the shoulders, or taking the arms from eagle pose. Feel the upper back opening. Breathe into this opening. Repeat on the other side. *(This photo is standing, but for this flow, continue to kneel or sit).* Stretch into child's pose to relax the shoulders. Enjoy the warm feeling of energy flowing in your newly free shoulders!

Receive

Close your practice with a few moments in final relaxation, receiving the benefits of this strength building flow.

*I am open, I am free. **namaste***



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