

# Yoga for a Happy Healthy Spine II

## Wrist Rotations

1. Roll your shoulders back, stretch your arms forward with the palms facing down, gently roll the fingers into a ball and begin to slowly rotate the wrist making big circles. Close your eyes and breathe into the motion. (Repeat about 20 times then do the opposite direction.)



## Wrist Stretch

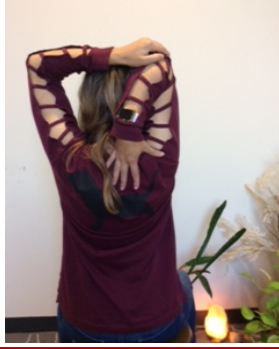
1. Bring your right arm forward, palm facing forward, and gently pull the fingers back with your left hand. Breathe deeply into the stretch for five deep breathes. (repeat on the opposite side)

## Wrist Shakes

Shake your wrist like you are trying to get wet mud off your hands! Shake them vigorously, feeling the flow of blood and oxygen pulsing through the arm!

## Shoulder Rotations

1. Sit up straight and close your eyes
2. Begin to do shoulder rotations going back. Make big circles slowly, feeling the rotation in your shoulders and neck.
3. Feel comfortable exploring the position, moving the neck in different directions.
4. Do 10 rotations (then repeat process in the opposite direction)



### Back Shoulder Stretch

1. Stretch your toes and sit on your heels.
2. Stretch your hands up and cross the hands, pulling the opposite elbows. Your hands should be slightly behind your head.
3. Inhale, as you exhale, pull your left shoulder to the right.
4. Use the right hand to pull the left shoulder, bringing the biceps just behind your head.
5. On each exhale gently pull the elbow toward the opposite shoulder.
6. Slowly inhale and exhale for seven counts, then do opposite side.



### Waist Rotation (Kati Chakrasana)

1. Start sitting or standing in Tree pose, (Tadasana) whichever you feel works best for you. If you are standing, make sure your feet shoulder width apart.
2. Inhale and raise the arms to the shoulder
3. Exhale, bring the left hand on the right shoulder, and wrap the right arm around the back, bringing the hand around to the left side of the waist.
4. Look over the right shoulder.
5. Keep the chin parallel to the floor
6. Hold the position for three deep breathes, coming back to the starting position.
7. Repeat on the other side. This will be one round.
8. Practice for 5 to 10 rounds



### Reversed Prayer Pose (Paschima Namaskarasana)

(If you feel any tension, or pain, lower the arms until you feel a stretch without stress)

1. Begin by sitting or standing in Tree Pose
2. Move your arms behind your back and join your palms together in a prayer position with fingertips facing downward. If you have any wrist issues, bend your elbows, ball your fist and let them gently meet each other in the center of your back. Relax in this pose.
3. If you feel comfortable in the downward prayer, on the inhale, turn the fingertips inwards towards your spine and bring them to face upwards in a prayer pose
4. Pull the shoulder back, opening up the heart and breathe deeply
5. Close your eyes and take 5-10 deep breathes, as you exhale, slowly release your fingers and gently bring your arms to your sides.
6. Gently shake your arms, and wrist, to get the flow going.



### Cow Face Pose (Gomukhasana)

1. Bringing your right arm straight up over your head.
2. Bend your right elbow and place your right palm on the back of your neck with your fingers pointing down.
3. Using your left hand, reach down behind your back and rest the back of your hand on your spine, if you are able to gently grab the opposite hand.
4. Do NOT STRAIN, if it is too tedious, grab a belt or rope and do the modified pose, until your shoulders open up.



### Eagle arms (Garudasana)

Inhale, extend the arms out at your sides, creating a "T" shape. Exhale, swing the right arm underneath the left as you press your forearms together, keeping them perpendicular to the floor. Press the palms, or grab the opposite wrist. Lift the elbows slightly as you melt your shoulders down the back.

If this feels uncomfortable, keep the arms crossed, but release the palms on the shoulders and give yourself a big hug. Make sure to do the same for the left side.