

Bust Expansion

Level 1 / Posture 8



Hold 2 – 5 breaths.

Sitting on knees, cross legged, in lotus position, astride a chair facing the chair back, or standing.

Lace fingers behind you, knuckles pointed down.

Lift arms.

Relax, but don't unlace fingers. Repeat.

Do 3 times.

See if you can go higher each time.

This is a great posture for loosening frozen shoulders and for building up the breathing muscle in the sides of your chest. It also prepares you well for postures that demand a lot of the upper arms and upper back. Some people get frustrated when they can't raise their arms up very high or hold the posture for very long. Do what you can without straining. In time your shoulders will loosen up and the posture will come much more easily. Stay with it! It's so good for you! It's a great stress reliever, too!

Common Errors

Bending the elbows. This is OK if you can't manage it any other way, but if you bend your elbows, you lose a lot of the benefits of the posture.

Allowing the back to curve inward as you do the posture. This error puts a big strain on your lower back.

Not lacing the fingers together.

Lacing the fingers together but trying to point the knuckles upward. This makes the posture almost IMPOSSIBLE!

Yoga Snack

Waiting in traffic, standing in an elevator, standing in bank line ups, waiting on hold on the phone, washing the dishes. You can do this exercise anywhere, any time!

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Body Parts Used by This Posture: Abdominals

Try Warming up with: Abdominal Lifts

This Posture is Good Before: Yoga Sessions; relaxation; bed

Good After: Yoga Sessions

Builds you up for: Breathing with the whole body; postures that require abdominal strength

Energy Center Used Belly Center (Navel)

Breathing Move into & out of each stretch while breathing out.



Breathe in



Breathe out & in



Breathe out Hold Breathe in



Breathe out

Final Release

Breathe out bringing hands to rest in your lap.

Safety Tip

Do not arch your back inward when you do this posture. This will put too much strain on your lower back.

Tip

Once your fingers are behind your back, take a breath of two to let your arms settle and relax. This will give you a better stretch.

Tip

Don't unlace your fingers between repetitions unless you really need to give your shoulders a break.

You are most likely to feel this stretch in your upper arms, shoulders & upper back, your neck.

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