

Bust Expansion

Level 1 / Posture 8

Benefits: Strengthens upper arms, shoulders, upper back; loosens shoulders

Time It Takes to Do: 3 minutes

Body Parts Used by This Posture: Upper arms; shoulders; upper back

This posture is Good Before:

Posture Clasp, Back Bend, Pelvic Lift, Incline Plane, Shoulder Stand, Plow.

Builds you up for:

Pelvic Lift, Posture Clasp; Chest Expansion; Back Bend; Bow, Incline Plane; Shoulder Stand, Plow.

Energy Center Used: Chest center



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!

Yoga Snack

Commercial Break: Next time you're watching TV and the commercials come on, instead of making a break for the fridge, try doing a few rounds of the Bust Expansion. Your figure will love you for it! (You'll be eating less, and you'll be firming up your bust!)

Start

Sitting – on knees, cross legged, in lotus position

OR Start

Standing

OR Start

Sitting astride a chair, facing the back of the chair.

Tip Do not do this pose sitting with your legs stretched out in front of you. That will make it much more difficult.



Then

Bring arms behind your back
Lace fingers together
Knuckles pointing toward the ground.



Tip Take a breath of two to let your arms settle and relax there before you begin. This will give you a better stretch.

Then

Slowly raise arms & hands up behind you, elbows straight.

Hold 2 – 5 breaths

You Will Feel It In

Your upper arms, shoulders & upper back, your neck.

Safety Tip

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

Release

Lower your arms & hands down.

Do 3 Repetitions

Raise arms a little higher each time.

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

Final Release

When you're done your three repetitions, slowly bring your arms forward. Rest your hands on your knees. Feel your body gratefully letting go!

Tip

Move into and out of the posture while breathing out.

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!

Breathing



Breathing in



Breathe out
Bringing your hands behind your back

Breathe in



Breathe out
Raising your arms

Hold
Breathe in & out
2 – 5 times



Release
Breathe in
Breathe out, lowering arms.

Repeat