

Routine to Loosen Neck & Shoulders

Level 1 –2

Neck and shoulders are the part of our Western bodies that cry out to us the most for attention. Virtually everyone in North America has some degree of stiffness or injury in them. They take a lot of punishment and require gentle, persistent attention to stay loose and flowing. Tight shoulders lead to headaches, bad posture, poor breathing and so take the energy out of us. To restore that energy, a little attention can do wonders.

With this routine, go for many, slow, graceful repetitions with short or no holds to encourage the muscles to loosen. The best *Breathing Themes* to loosen muscles are the *Yellow* and *Blue Level Breathing Themes*, matching movement and breathing.

1. Abdominal Lifts



2. Simple Side Bend



3. Wood Chopper or Complete Breath



4. Breathing Exercise:

Chest Breathing 1 or 2 or The Wave.

Each time you finish breathing in, pause, allow your shoulders to drop down and relax. Even rotate them a bit to loosen them up.

5. Meditation

Notice your shoulders and chest dropping down and relaxing each time you breathe out. Notice that the longer you take the breathe out, the more they drop down and relax.

As you finish the meditation, go into your Yellow Level Breathing pattern, to prepare you for the routine.

6. Neck Stretch



7. Neck Rolls



8. Neck Presses



9. Elbow Opener



10. The Hug



11. Elbow to Knee 3



12. Simple Side Stretch



13. Relaxation

Feel your body sinking down and letting go every time you breathe out. Especially notice your shoulders and chest dropping down and relaxing each time you breathe out. Notice that the longer you take the breathe out, the more they drop down and relax.

14. Pelvic Lift



15. Rock & Rolls



Postures grouped together in boxes make good mini-routines that take about 5 minutes.

www.audioyoga.com