

# Fairly Easy Routine for Neck & Shoulders

**Complete Breath Side to Sides**  
Level 1



**Mini Sun Salutation**  
**Wood Chopper, Puppy, Cat**

Level 1/2



**Elbow Opener**



**Elbow to Knee**



Level 2/3

**Back Bend Primer**



Level 2



**Back Stretch**  
(Alternate)

**Pelvic Lift**

Level 1



**Shoulder Stand**

Level 8



**Plow**

Level 8



The Shoulder Stand and Plow turn this into a demanding routine – one that can be great for your shoulders if you can do them.