

# Routine to Loosen Neck & Shoulders

Level 7 - 8

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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 head aches, bad posture, poor breathing and so take the energy out of us. To restore that energy, a little attention can do wonders.

Go for many, well managed 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



Do Steps 3 – 8 in a flowing sequence

## 3. Wood Chopper



## 4. Lunge



## 5. Downward Dog



## 6. Cobra



## 7. Puppy



8. Finish the sequence in Child Pose, and stay there for meditation.



## 9 Meditation

Notice your shoulders 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.

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<p><b>10 . Neck Stretch</b></p> 	<p><b>11. Neck Rolls</b></p> 	<p><b>12. Neck Presses</b></p> 
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**13. Simple Side Stretch**



**14. Twist**



	<p><b>15. Shoulder Stand</b> 10 – 60 breaths</p>	<p><b>16. Plow</b> 2 – 10 breaths</p> 	<p><b>17. Leg Fold</b> 1 long, slow breath</p> 
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**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.