

*This vinyasa sequence incorporates a variety of yoga postures designed to stretch the shoulder girdle. We live in a culture that spends a significant amount of time with the shoulders rounded forward over a computer, a steering wheel, or, in my case, a nursing baby.*

*This sequence brings relief to the tension that is created by non-neutral shoulder alignment. Use this flow in your classes and your students will thank you!*

## Instruction

Start your students lying on their backs in Savasana and have them focus on their breath, perhaps cueing Viloma Pranayama. Then invite them to roll on to their bellies and come into Arm/Shoulder Pigeon on both sides. Push back into Child's Pose, then into Downward Facing Dog. Make your way to Mountain Pose and complete a few Sun Salutations to warm up the body.

Vinyasa to Downward Dog, then step the right foot forward into Warrior One, followed by Waterfall Warrior, Extended Side Angle, straighten the front leg to come into Triangle (add some arm circles to increase shoulder mobility), then Warrior Two. Repeat on the second side and vinyasa back up to Mountain Pose. Take Chair Pose, Low Lunge, Revolved Lunge and then back to Chair before repeating on the second side.

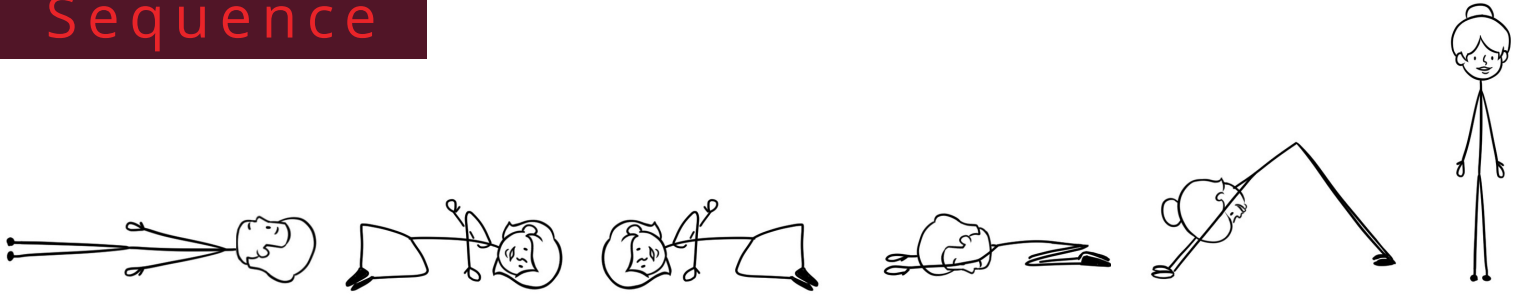
Come to Mountain Pose and do Eagle, Dancer and Extended Hand to Big Toe Pose. Repeat on the second side and vinyasa all the way to lying on your belly. Take Boat Pose twice.

Press back into Child's Pose to counter the backbending, then come to sitting. Take Cowface Pose (both sides) and then come to lie on your back. Take Bridge Pose, Upward Bow and Half Shoulderstand before coming into final Savasana.

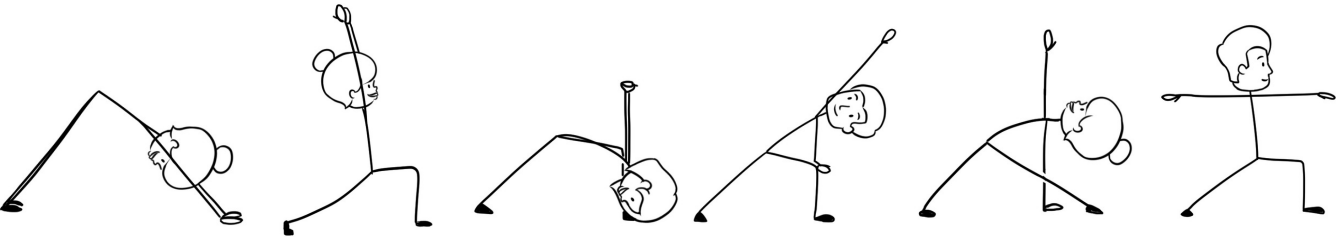
# Shoulder Sequence

February 2019

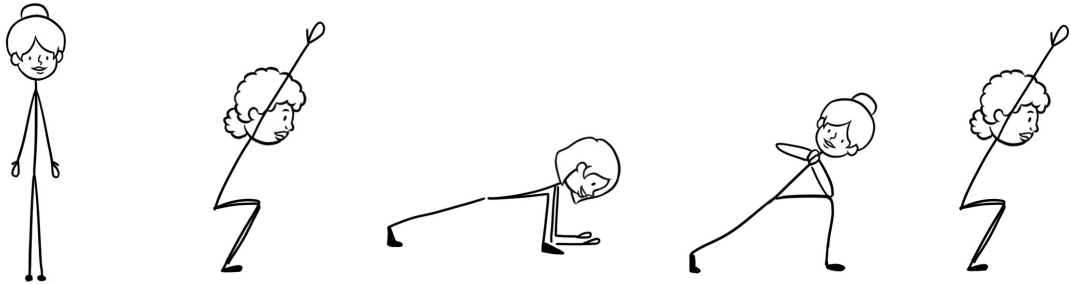
## Sequence



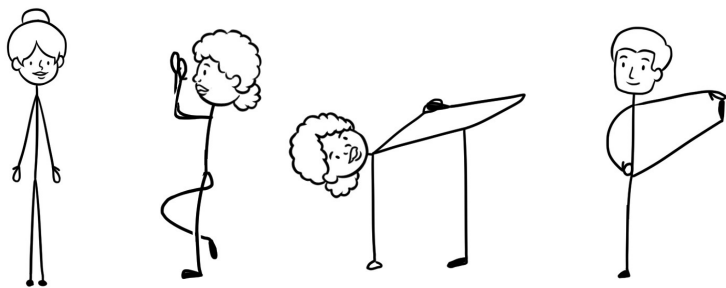
### Sun Salutations



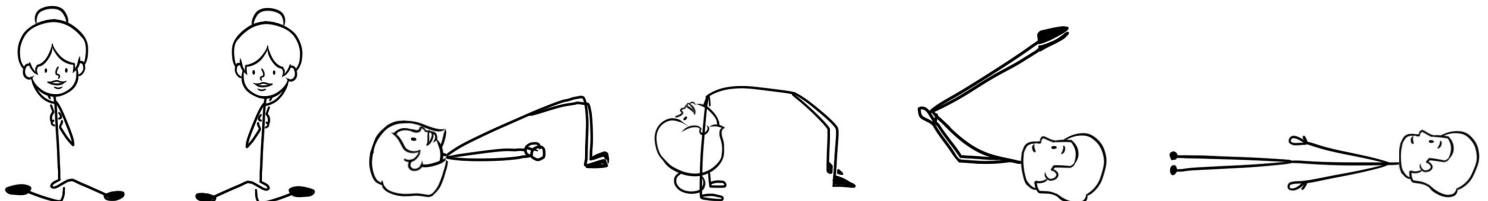
Repeat  
Other  
Side



Repeat  
Other  
Side



Repeat  
Other  
Side



## BONUS

Give your students some homework to help maintain happy shoulders! Explain that neutral alignment in the body is hips over heels, shoulders over hips and ears over shoulders with the chin parallel to the floor. Encourage them to maintain this alignment as frequently as possible.

I often say, "Every time you hear a text come through, let the first thought in your head not be to check your phone, but to check if you're body is in neutral alignment."

This will help your students make a habit out of neutral alignment which prevents and relieves shoulder as well as back pain.