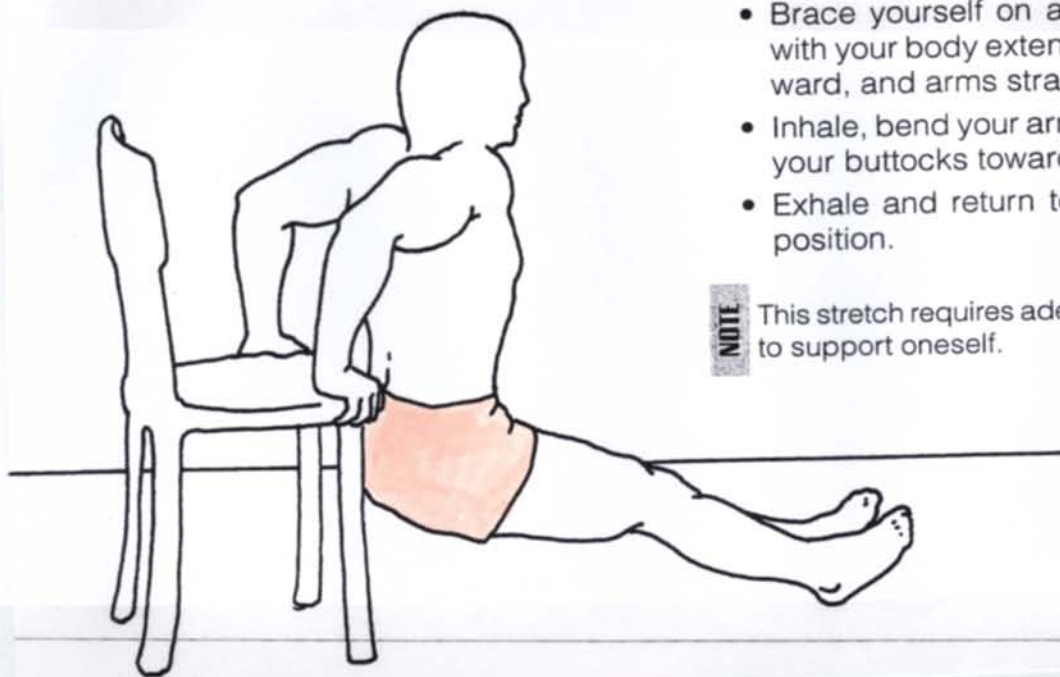


SHOULDERS

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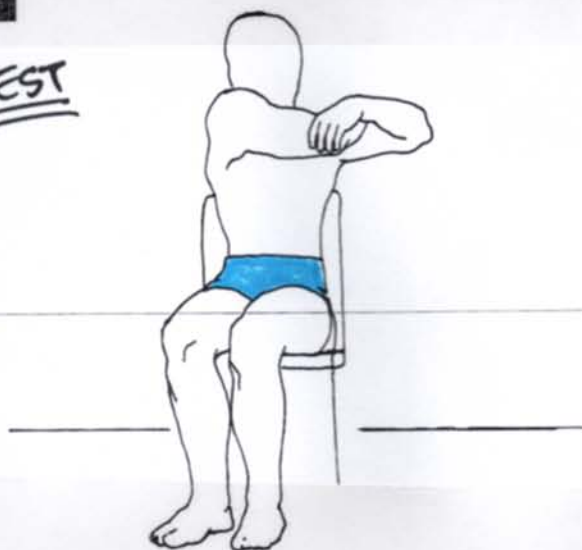


- Brace yourself on a sturdy chair with your body extended, hips forward, and arms straight.
- Inhale, bend your arms, and lower your buttocks toward the floor.
- Exhale and return to the starting position.

NOTE This stretch requires adequate strength to support oneself.

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BEST



- Sit or stand with one arm raised to shoulder height; flex the arm across to the other shoulder.
- Grasp your raised elbow with the opposite hand, exhale, and pull your elbow backward.

NOTE Experiment with flexing and extending the arm of the stretched shoulder to find the most effective stretch.

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- Sit or stand with one arm flexed behind your back and grasp the elbow from behind with your opposite hand.
- Exhale and pull your elbow across the midline of your back. Grasp your wrist if you are unable to reach your elbow.



- Sitting or standing, cross one wrist over the other and interlock your hands.
- Inhale, then straighten and extend your arms behind your head. Your elbows should be behind your ears.