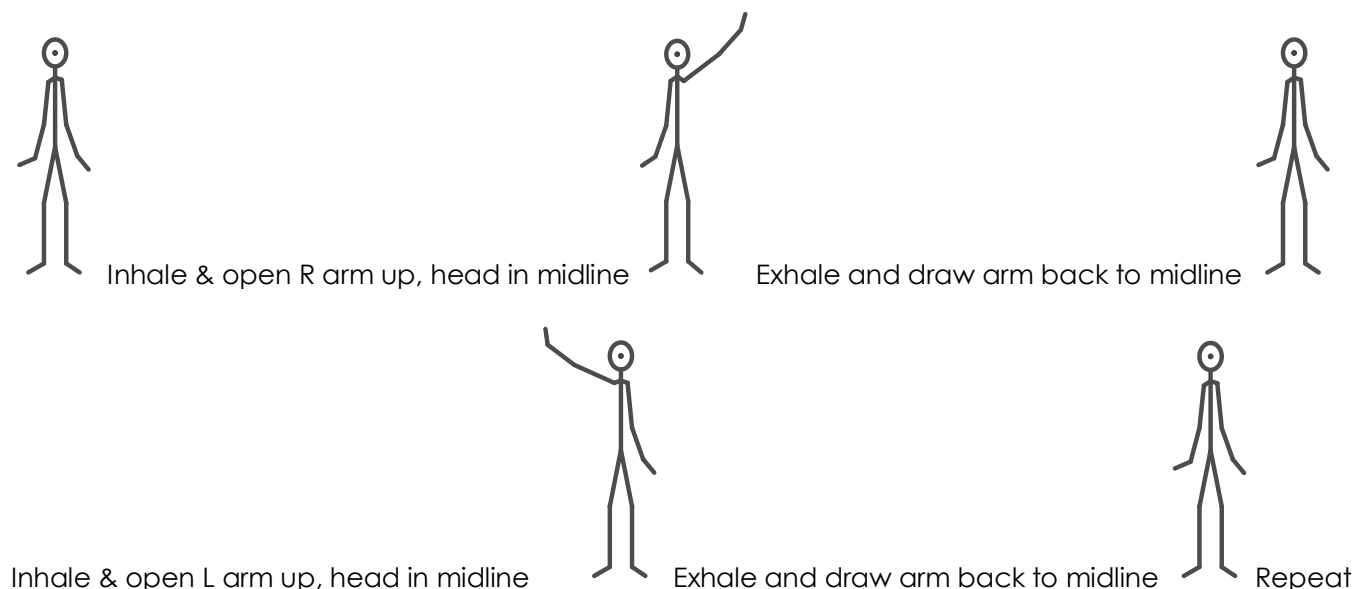


MYOFASCIA RELEASES IN STANDING

Alternate each movement 5x (or start with 3x if in discomfort) slowly to each side and pause at the end of each sequence to avoid over-stimulation and feel/invoke the relaxation response.

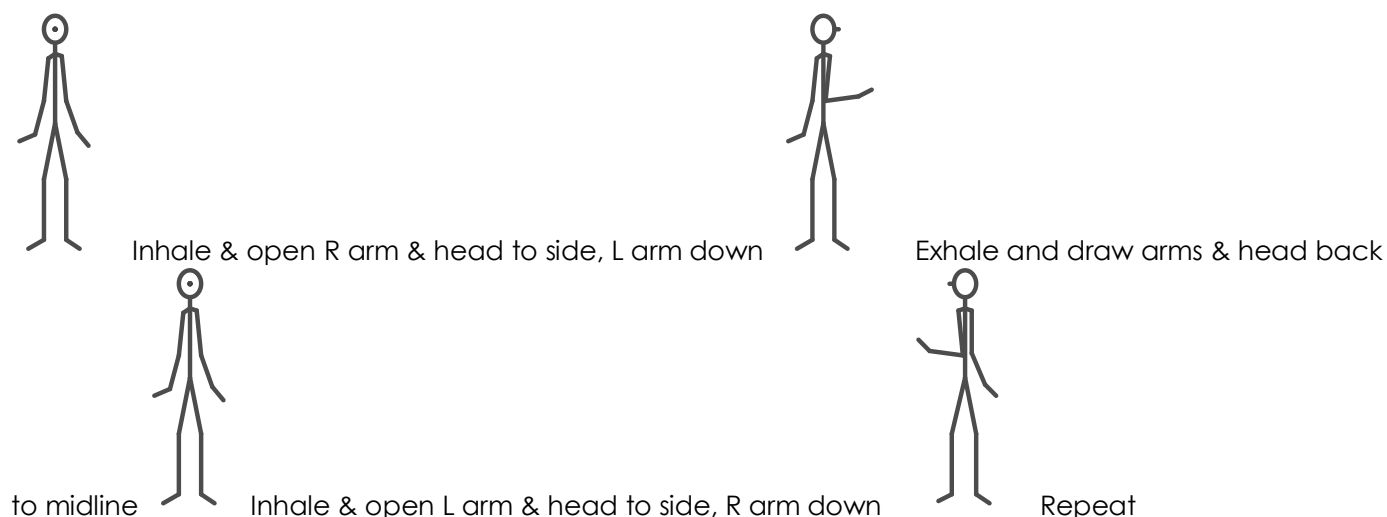
Remember 'motion is lotion' for the brain – it is safe to move.

1. In standing – single arm opening, feeling beyond the pose



PAUSE, OBSERVE

2. In standing – single shoulder & head rotation

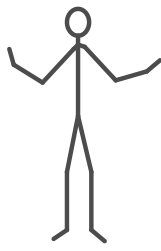


PAUSE, OBSERVE

3. In standing – double arm opening from Anahata



Inhale & open both arms to side



Exhale and bring arms back to side



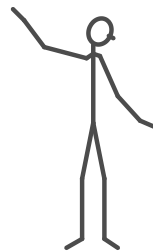
Repeat

PAUSE, OBSERVE

4. In standing – double arm opening & head rotation



Inhale & open open R arm up, L arm and head down

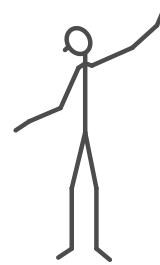


Exhale and bring arms back to



side

Inhale & open open L arm up, R arm and head down



Exhale and bring arms back



to side

Repeat

PAUSE, OBSERVE