

## Shoulder-Opening & Back Bend Postures

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The state of your posture can give you the early warning signs of impending injury or over-training. Slumped shoulders, a sunken chest, a tense jaw, and low energy can be symptoms of fatigue resulting from over-training. Opening the chest and shoulders lifts the spirit and directs the mind outward. In addition to producing positive feelings, these postures keep the spine supple, mobilize the shoulder and ankle joints, and promote energy and vitality.

### Reverse Plank (Purvottanasana) *[Using a chair]*

Sit on the edge of a chair with knees bent. Place a block between the thighs (to prevent the legs from falling out). Place your hands on the chair with fingers pointing forward. Open the chest and lift the hips on an inhale. Gently press into the block with the knees. Inhale to lift, exhale to descend or hold for 5 breaths.

Lower back down on an exhale and come back to sitting on the chair.



### Camel Pose (Ustrasana) *[Using a chair or bolster]*

Separate your knees and feet hip-width apart and point your feet straight back. Rest your buttocks firmly against the edge of the chair. Another option is to place a bolster vertically against the wall. Press the thighs and hips firmly into the bolster.

Tuck the tailbone and maintain lift through the sternum. Let the hands settle on the seat or the sides of the chair. Roll your shoulders back, broaden the collarbones, and open your chest. Soften the face, throat, and neck. Keep the breath calm and steady.



- This pose lifts the torso and respiratory diaphragm.
- Helps maintain the elasticity of the lung tissue,
- Increases lung capacity for better respiration.