

Week 4 of the Healthy Back Yoga series focuses on the shoulders and how they relate and help bring movement and function to the upper spine and the neck. Use this handout as a reference for your home practice after learning how to perform the poses in the Week 4 video.

make sure to modify this sequence to your abilities for a pain-free practice



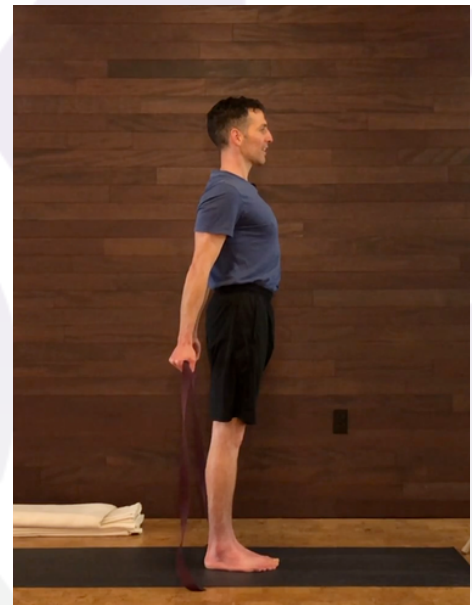
Mountain Pose (Entire Spine on Bolster)



Chest Opener (Entire Spine on Bolster)



Mountain Pose (Holding Strap Over Head)



Chest/Shoulder Stretch (Pulling Strap)



Downward Dog (Modified on Chair)



Hip Hinge Forward Fold (Shoulders on Back)



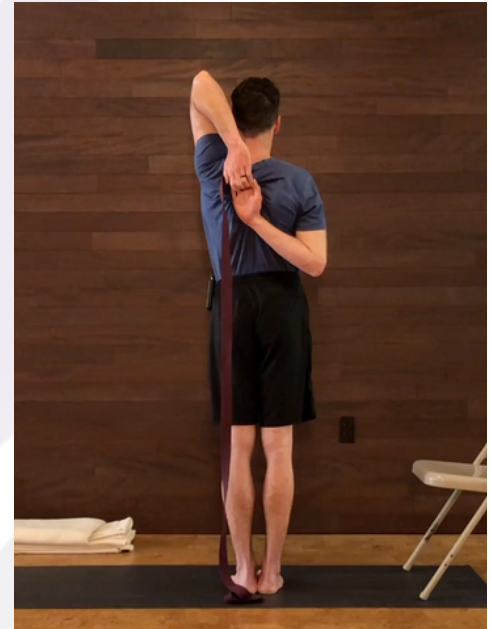
Downward Dog on Chair



Cow Face Pose (Prep)



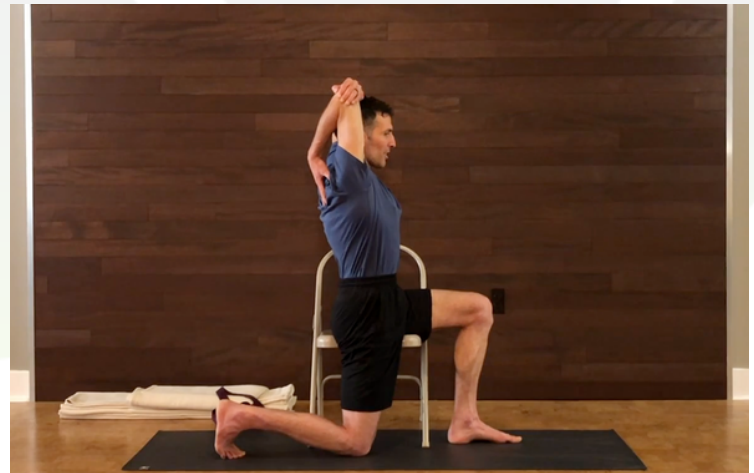
Cow Face Pose (with Strap)



Cow Face Pose (Full Pose)



Low Lunge on Chair



Low Lunge on Chair (with Cow Face Arm)



Reverse Prayer (Modified)



Seated Twist on Chair



Upper Back Extension (Over a Rolled Blanket)



Restorative Reclined Butterfly Pose



Relaxation Pose over Bolster