

Shoulders

Cow Face Arms



PICTURE A

1. Right arm up, bend elbow.
2. Hand drops down behind head.
3. Left hand on right elbow for gentle stretch.



PICTURE B (advanced version)

1. take left arm behind back. Join fingers.
2. Breathe naturally.
3. Repeat on other side.

Good for

- releasing stiff shoulders and elbows
- improving posture