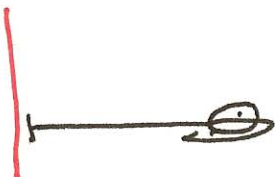
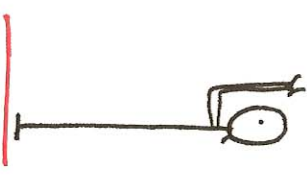
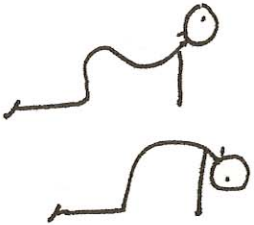
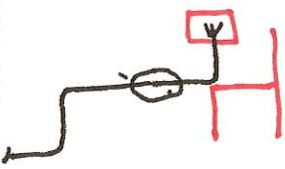










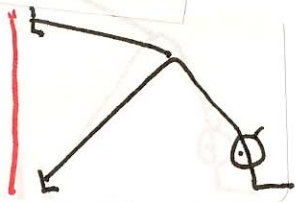
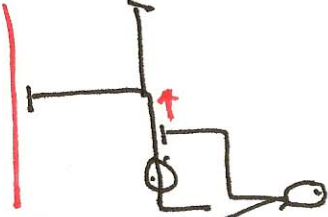


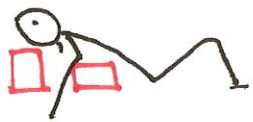



# Feathered Peacock

Liberating the shoulders to find strength and ease in forearm balance.

 <p><b>Supta Tadasana</b> Hands on shoulder blades</p>	 <p><b>Supta Garudasana Arms</b> Inhale lift, Exhale lower</p>	 <p><b>Cat/Cow</b></p>	 <p><b>Chair Shoulder Opener</b> Block between hands</p>	 <p><b>Urdhva Hastasana</b> Block between legs</p>
 <p><b>Jyeshtha Sharira Mudra</b> <b>Opens ribs &amp; throat</b> Raise arms overhead and place palms on shoulder blades</p>	 <p><b>Uttanasana</b> Hold heels, elbows hug shins</p>	 <p><b>Adho Mukha Svanasana</b></p>	 <p><b>Plank</b></p>	 <p><b>Balasana</b> Hug opposite shoulders</p>
 <p><b>Dolphin</b></p>	 <p><b>Dolphin Plank</b></p>	 <p><b>Balasana</b> Hug opposite shoulders</p>	 <p><b>Prasarita Padottanasana</b> Draw elbows together</p>	 <p><b>Pincha Mayurasana Prep</b></p>
 <p><b>Ardha Pincha Mayurasana</b></p>	 <p><b>Balasana</b></p>	 <p><b>Setu Bandha</b></p>	 <p><b>Bricklayer's Rest</b></p>	 <p><b>Savasana</b></p>