


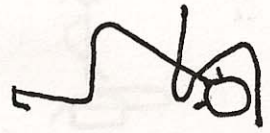
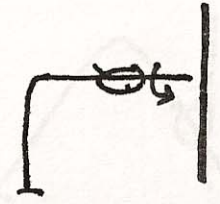
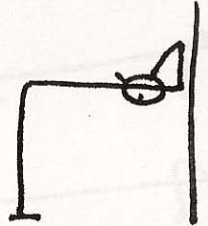


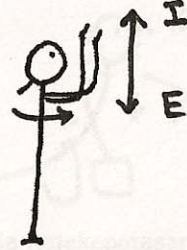




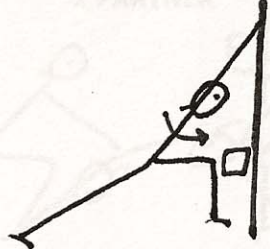

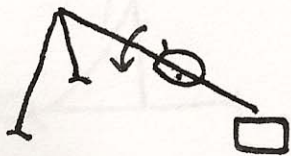



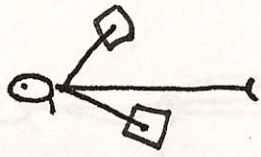


Shouldering it All

Engaging the outer scapula to provide strength in the upper body while extending the arms overhead.

<p>Breath in upper torso</p>  <p>Mushti Mudra Make fists, thumb tip touches middle joint of ring finger, rest on thighs</p>	 <p>Bricklayers Rest (arms overhead)</p>	 <p>Puppy Pose</p>	 <p>Table Twist</p>	 <p>Half Dog @ Wall (draw elbows in)</p>
 <p>Half Dolphin @ Wall</p>	 <p>Wall Hang (arms crossed)</p>	 <p>Gomukhasana Tadasana</p>	 <p>Garudasana Tadasana</p>	 <p>Uttanasana</p>
 <p>Low Lunge (palms on shoulders)</p>	 <p>Adho Mukha Svanasana</p>	 <p>Baddha Balasana</p>	 <p>Virabhadrasana I Prep @ Wall</p>	 <p>Virabhadrasana I</p>
 <p>Prasarita Padottanasana</p>	 <p>Ardha Adho Mukha Vrksasana</p>	 <p>Uttanasana</p>	 <p>Reclining Twist (arm overhead)</p>	 <p>Savasana (back of hands supported)</p>