

KARENNA **REIDY**
Japanese Yoga + Essential Oils



Neck and Shoulder Release

by Karenna Reidy
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About



Hi, I'm Karenn.

I have 20+ years of professional experience and education in Japanese Yoga + Essential Oils.

Other hats I wear include Mama, Other Half, Educator, Japanophile, Japanese Speaker, Feminist, Seeker, Visionary, Questioner and proud Doterra Leader.

My mission is to empower hundreds of thousands of women to return to their natural state of health, vitality and abundance through Japanese Yoga + Essential Oils.

[read more about Karenn online](#)



Disclaimer



Your body is your temple. And nobody knows how to keep your temple happy and injury-free better than you. In Japanese Yoga we want to be challenged but not in pain. Listen to your temple – if any of these poses are painful or simply don't feel 'right' - don't do it. By listening we can discern the difference. Only you can be responsible for your temple.



This Free lesson will help to

- ✓ **Release neck and shoulder tension**
- ✓ **Clear your head of any fogginess**
- ✓ **Re-energise body and mind**
- ✓ **Reduce stress**
- ✓ **Increase productivity**
- ✓ **Save time**

Video



This document has a printable 1-page (page 10) summary that can support the video you found at:

<https://karannareidy.com/short-yoga-desk-hack>

Print it out and put it somewhere handy so you can refer to it anytime

“Let’s return to health through nature’s gifts”

自然の恵みをかりて、健康な体を取り戻しましょう



Konnichi wa lovely! Kareenna here,

I'm so excited to share this short Japanese Yoga desk hack with you.

Apart from doing it at your desk, you can do the poses sitting in the car (make sure you're not driving!), on a bus, waiting in a queue - the possibilities are endless.

The poses by themselves will give you an amazing neck and shoulder release plus a big boost in energy levels.

If you want to amplify the benefits of
Japanese Yoga
Try Deep Blue / Ice Blue Essential Oil Blend



[LINK TO THE ESSENTIAL OIL](#)

Select language/country and shipping preference

Go to ESSENTIAL OILS - ESSENTIAL OIL BLENDS
and select the DEEP BLUE 5ml Bottle

NOTE: In Australia this is called ICE BLUE

Directions:

- Put 1 to 2 drops in palm of hand
- Rub hands together
- Cup hands over nose
- Close eyes & take a deep breath in
- Feel lungs expanding and head clearing
- Massage residue into back of neck and tops of shoulders

And now you're ready - let's begin!



1

Perks

Brings fresh energy + blood into the spine



Sitting with a tall spine and hands on thighs

Inhale as you look up to the ceiling, push the belly forwards and exaggerate the curve in the lower back

Exhale and round the shoulders, tuck the tailbone under, the head looks down to navel

Inhale and curve the back like a reverse rainbow, stretch the neck and look up etc

You can do between 3-5 repetitions



Repetition

3 to 5 times
(duration: 45 sec)

2

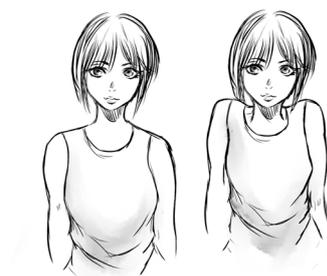
Perks

Releases shoulders



Breathe in as you lift and squeeze shoulders up; Hold, Exhale and drop

Repeat.



Repetition

3 to 5 times
(duration: 45 sec)



3

Perks

Feel a lightness in shoulders and neck; feel shoulders dropping



Raise the right arm and bend the right elbow so that the elbow points to the ceiling and the right hand is in the middle of the back

Tuck tailbone under slightly

Grab the right elbow with the opposite hand

X 2 Inhale + exhale, pull the right elbow across the body to the left. You'll feel the right hand slide down the back

X 4 A little faster for 4; hold the 4th across

X 2 Breathe in, and as you exhale, push the right elbow over to the right and resist with the left hand

X 1 Try again and you may get your right hand further down your back

ROLL SHOULDERS + REPEAT ON LEFT SIDE+ ROLL SHOULDERS (to loosen neck and shoulders)



Repetition

X 2, X 4, X 2, X 1
(duration: 1.5 min)



4

Perks

Opens the back of the neck

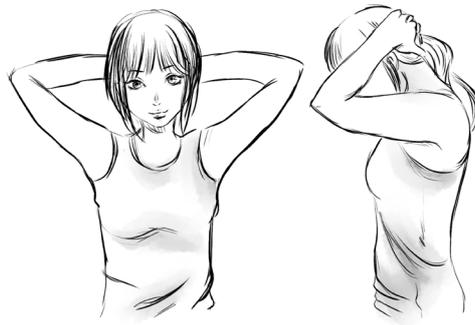


Begin with hands interlaced behind the head (behind the eyes); Inhale

Exhale and squeeze the elbows together, rolling the head a little bit down and forwards.
Shoulders are away from ears

Breathe in and head comes up, look up, open chest, open elbows and squeeze into the shoulder blades.

Repeat 3 to 5 times



Repetition

3 to 5 times
(duration: 45 sec)

5

Perks

Releases tension in the shoulders and upper back



Hold right wrist with left hand and pull it across the body, almost behind you

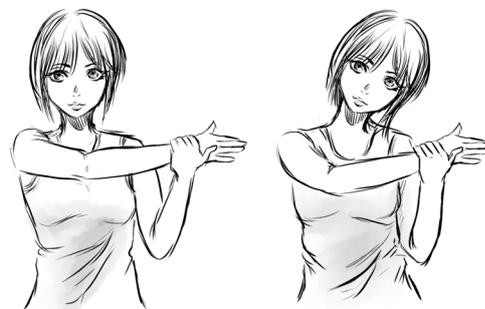
As you do this, push the right shoulder downwards

Drop left ear to left shoulder

Keep chest facing forwards

Hold for a few breaths while breathing into belly

Look up to the ceiling
Ideally with these holding poses you want to hold for at least 45 secs to allow the body to soften and release



Repetition

2 times
(duration: 1.5 min)



6

Perks

Releases back of neck and shoulder blades



Begin with hands interlaced behind the head (behind the eyes)



Gently push the head backwards, and the hands resist, pushing the head forwards



Breathe through the nose, down into the belly. As you breathe in the belly pushes forwards, as you breathe out, allow the belly to sink down

NB: Don't force the breath- if you're having trouble, just make the out breath longer



Hold for 1-3 minutes



Repetition

Hold and breathe
1-3 min

(duration: 1 min)

You can do these poses as a sequence
or as stand-alone poses anytime



Thank you!



Thanks again for your curiosity about Japanese Yoga. Let's stay in touch with my regular newsletters and connect even more with my online Japanese Yoga tips and classes.

I look forward to being your guide into magical world of Japanese Yoga + Essential Oils

Warmly,
Karenna



wabi - sabi

(n.) a way of living that focuses on finding beauty within imperfections of life and accepting peacefully the natural cycle of growth and decay

Ja mata ne! Sayonara

by Karenna Reidy
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Instruction

Reps

Perks



- Sit tall in the spine, hands on thighs
- Inhale: look up to the ceiling, push the belly forwards and exaggerate the curve in the lower back
- Exhale: round the shoulders, tuck the tailbone under, the head looks down to navel

X 3-5

Brings fresh energy + blood into the spine



- Inhale: lift and squeeze shoulders up; Hold
- Exhale: drop shoulders

X 3-5

Releases shoulders



- Raise right arm; bend right elbow so that the elbow points to the ceiling and right hand is in middle of back
- Tuck tailbone under slightly
- Grab the right elbow with left hand
- X 2 Inhale + on exhale: pull right elbow across the body to the left. You'll feel the right hand slide down the back
- X 4 a little faster ; hold 4th across on LHS
- X 2 Inhale +on exhale: push the right elbow towards the right and resist with the left hand. Resist/push/resist/push until no more air left to exhale. Repeat
- X 1 Inhale + on exhale: pull right elbow across the body to the left. Notice the improvement: you may get the right hand further down the back
- Roll shoulders
- Repeat on Left side

X 2

Loosens neck + shoulders

X 4

Feel a lightness in shoulders and neck;

X 2

Feel shoulders relaxing and dropping away from ears

X 1



- Interlace hands behind head (behind the eyes)
- Inhale: look up
- Exhale: squeeze the elbows together, rolling the head a little bit down and forwards; look to navel; relax shoulders away from ears
- Inhale: head comes up, look up, open chest, open elbows and squeeze into shoulder blades

X 3-5

Opens the back of the neck



- Hold right wrist with left hand; pull right arm across body, almost behind you; push right shoulder downwards
- Drop left ear to left shoulder
- Keep chest facing forwards
- Hold for a few breaths while breathing into belly (approx. 45 secs)
- Look up to the ceiling
- Repeat on Left side

X 2

Releases tension in the shoulders and upper back



- Interlace hands behind head (behind the eyes)
- Gently push the head backwards; hands resist + try to push the head forwards; however the head doesn't go forward because it's resisting
- Inhale + exhale through nose
- All these poses are good to do as stand-alone poses any-time (not just in a sequence)

Hold and breathe 1-3 min

Releases back of neck and shoulder blades

Feel the back of the neck relaxing

You may feel it relaxing between the shoulder blades

DISCLAIMER

Your body is your temple. And nobody knows how to keep your temple happy and injury-free better than you. In Japanese Yoga we want to be challenged but not in pain. Listen to your temple – if any of these poses are painful or simply don't feel 'right' - don't do it. By listening we can discern the difference. Only you can be responsible for your temple.

