

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.

