

ARMS UNDER/OVER

- From a kneeling position with heels sitting outside the buttocks, sit up out of your pelvis.
- Raise the right arm over the head, bend it at the elbow and place it down the middle of your back.
- Place the left arm behind the back and raise the left forearm behind the back until the left hand is between the shoulder blades.
- Move hands towards each other aiming to clasp the hands behind the back.
- Keep the head and neck upright and look straight ahead.
- Stretch the right elbow up, while keeping the shoulder blades down and the chest lifted.
- Unclasp the hands and repeat the pose on the other side, for the same length of time.

Benefits

- Shoulder mobility.
- Activation of the postural stabilisers.
- Awareness of imbalance between sides of the body.

Beginners Advice

- If you can't clasp your hands try touching finger tips or use a strap or towel.
- With care a partner can assist.

Challenge

- Staying in the pose for longer.
- Folding at the waist.
- Adding a lateral lean of the spine.
- Adding a rotation of the spine.

Adjustments / What to look for

- Shoulders broad and away from ears.
- Deviation of the neck to make way for the arm.
- An increase in the lumbar curve of the spine.

