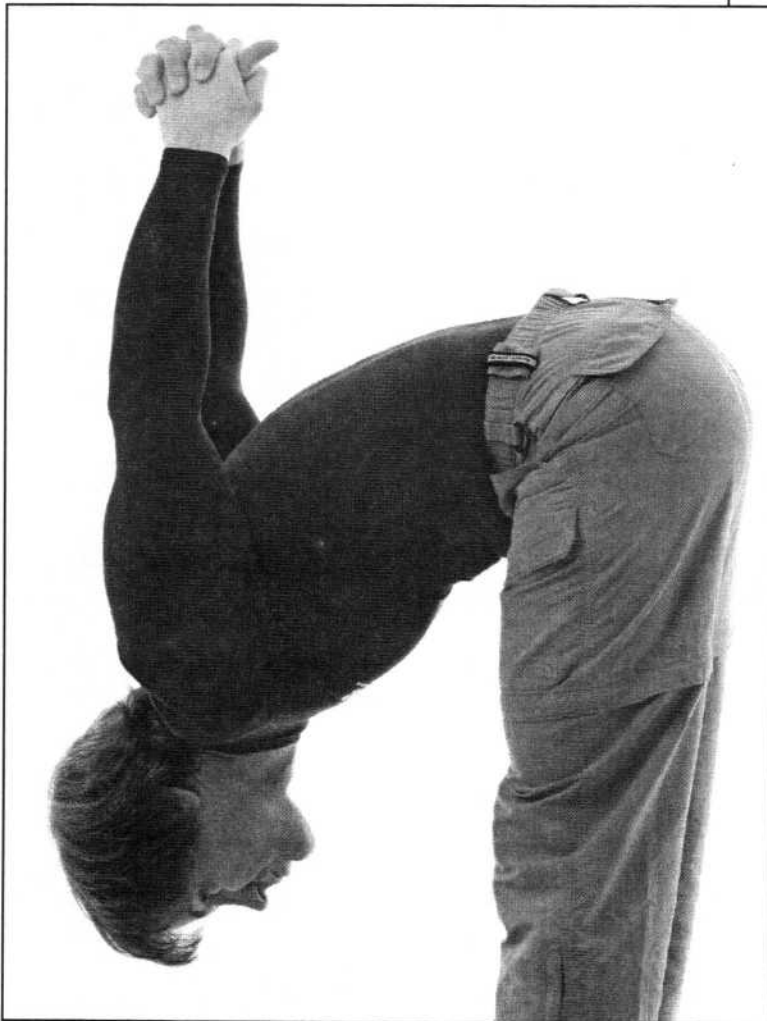
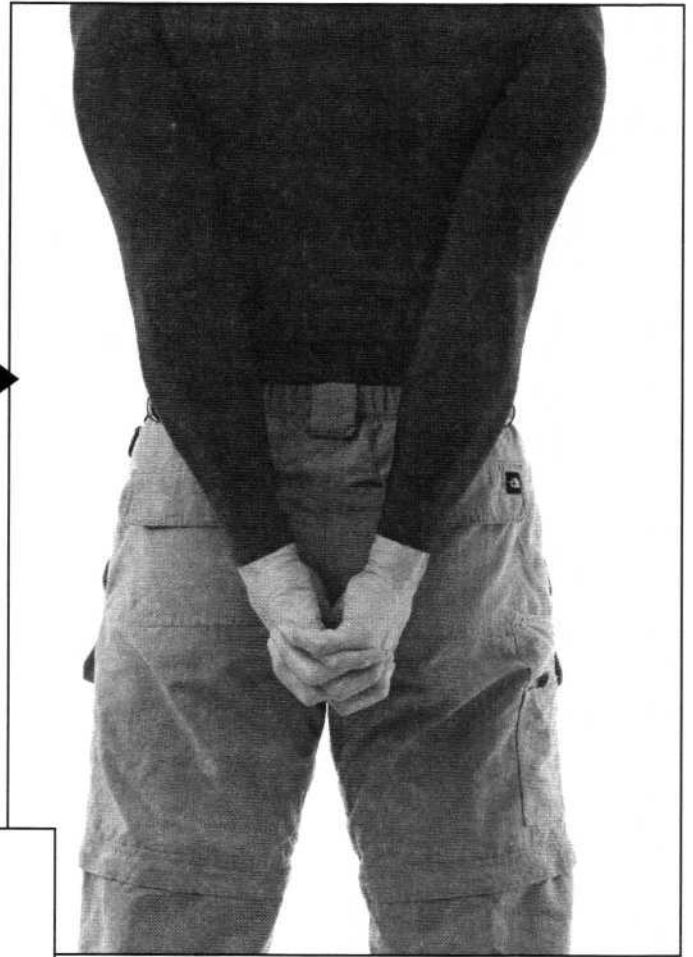


☯ Position 7 STRAIGHT ARM LOCK

Interlock the fingers behind the back, arms pointing toward the floor—wrists and elbows as close together as possible.

1



Push down with wrists locked and straight, inhale, then exhale extending forward and bending at the waist, bringing the arms up and over toward the floor. Hold for five to 10 seconds.

2

3

Inhale and return to upright position. Release and shake hands lightly.



Position 8

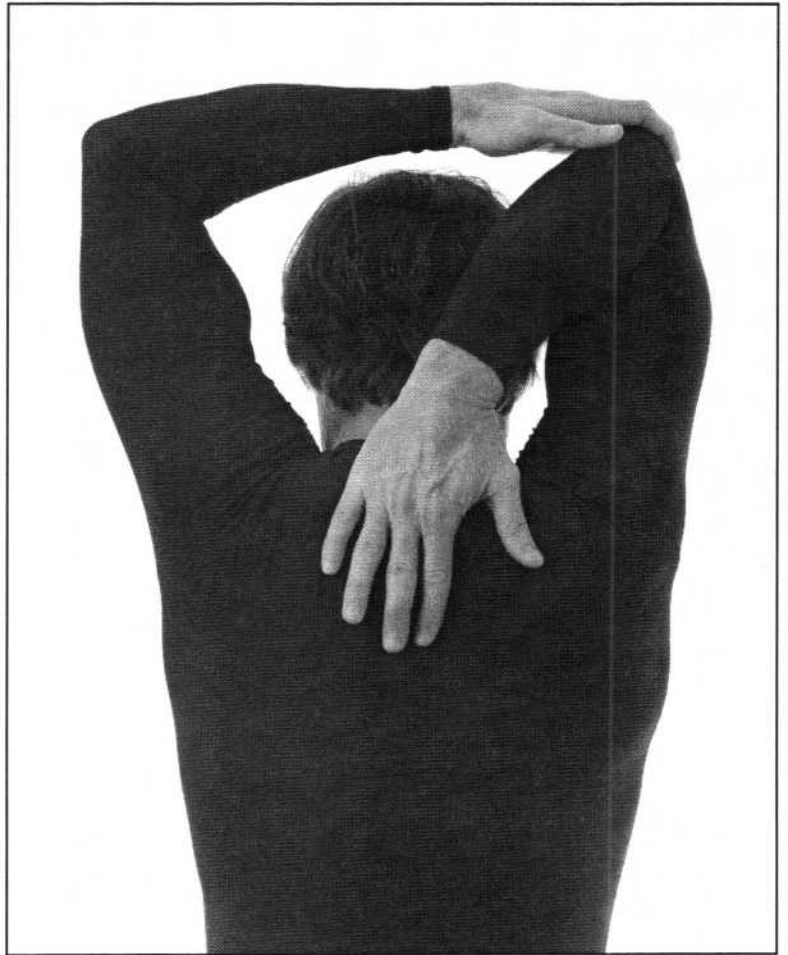
OVERHEAD SHOULDER STRETCH

Place the right palm on the center of the back, elbow vertical, fingers pointing toward the floor. Reach overhead with the left arm and grasp the right elbow.

1

Inhale, then exhale and push the right elbow to extend the right hand toward the floor. Creep down the spine with fingertips. Hold for five to 10 seconds.

2



Advanced Variation: Tuck the elbow of the opposite arm behind the back, with the back of the hand against the body and fingers pointing toward the head. Reach up, curl the fingers of both hands, hooking the arms together, and pull the upper arm down gently.

Inhale and release, switch positions and repeat. Shake hands lightly.

3