



Lion



Open your chest, keeping your elbows in line with your chest by drawing your shoulders up and back.

Verbal Cues

1. Sit on your heels with your knees on a mat or if sitting at a chair, sit at the front edge of the chair in Proper Seated Posture. Lift your shoulders up and back like bird wings.
2. Inhale and make an S-Spine as you reach the top of your head toward the sky.
3. Bend and slightly tense up your fingers like lion claws.
4. Raise your hands above your shoulders. Draw your shoulder blades together to keep your arms in the same plane as your chest.
5. Inhale deeply through your nose. Exhale through a wide mouth and "roar" like a lion. Release any frustrations through your "roar."
6. Repeat for 3 to 5 breaths. Now smile!

Benefits

- Increases breathing power
- May relieve bad breath
- Relieves stress and tension

Modifications



This exercise can be done standing in Mountain pose or sitting cross-legged in Easy pose.

"I communicate easily."