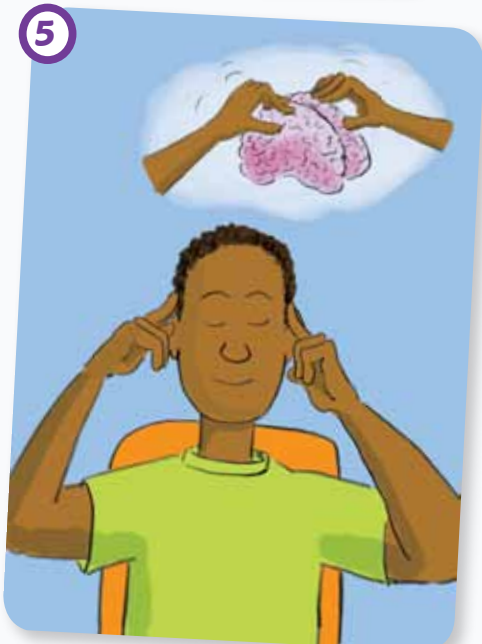
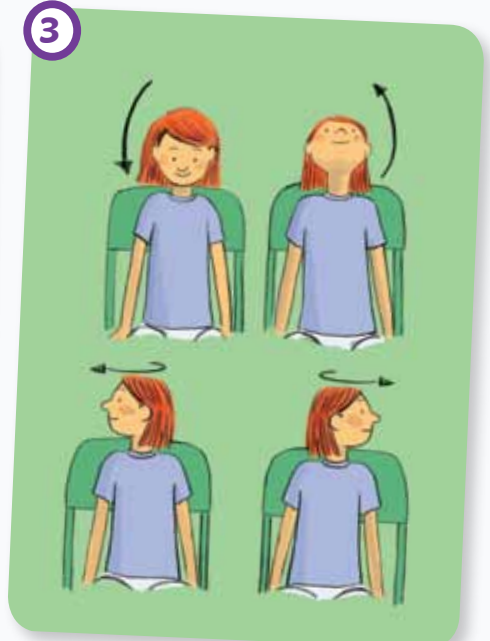
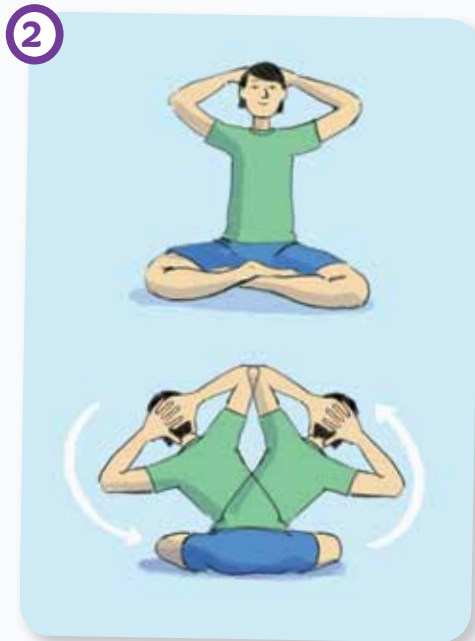
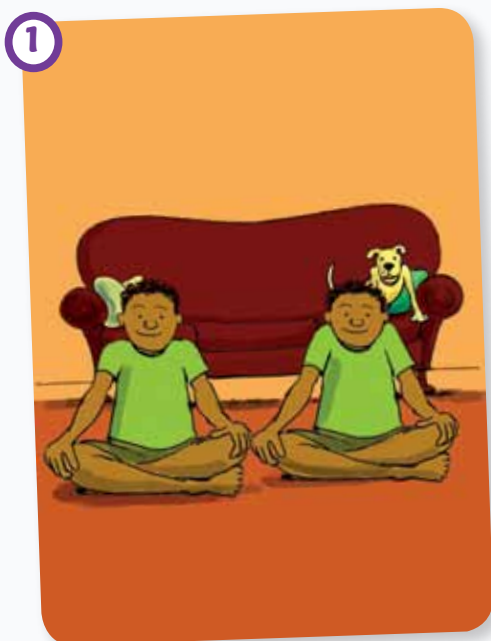




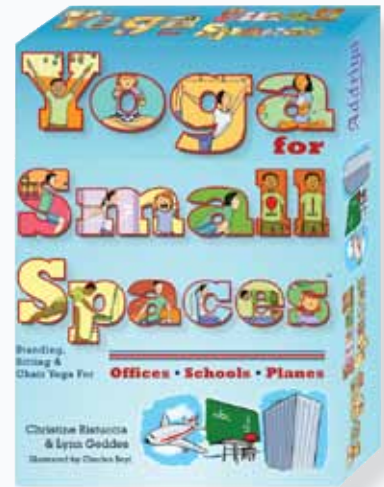
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Neck and Shoulder Relaxation Set

Actual Size: Card 5" x 7"

1

Shoulder Shrugs

W B

Key: Shoulders drop effortlessly in this pose to relieve tension in shoulders and neck.

Verbal Cues

- Sit cross-legged on the floor (Easy pose) or in Proper Seated Posture in a chair. Place your hands on your legs above your knees.
- Inhale, lifting both shoulders up toward your ears.
- Exhale powerfully and audibly as you let your shoulders drop straight down. Your exhaled breath should be audible.
- Repeat the motion 10 to 20 times; inhaling up and exhaling down.
- To finish, bring your shoulders up to your ears with a big inhale. On your exhaled breath, release your shoulders.

Benefits

- Relaxes shoulders
- Creates flexibility in your shoulders and neck
- Releases tension in your upper back
- Relieves pent-up emotions

Modifications

This exercise can be done standing in Mountain pose or sitting in a chair.

Increase the length of time for this exercise up to 2 minutes.

The breath cycle should be quick, between ½ second and 1 second.

Shoulders are dropped not lowered.

"I trust my inner voice."

2

Komodo Dragon

T E

Key: Press your elbows back in line with your shoulders so they do not pull forward. Maintain your S-spine.

Verbal Cues

- Sit on a mat in a cross-legged position or in a chair in Proper Seated Posture with feet flat on the floor.
- Inhale and lift your head to the sky to lengthen your S-spine.
- Interlace your fingers behind your head. Press your head back into your hands and hands back into your head, to activate your neck muscles.
- Exhale, bending your torso left. Keep your buttocks fixed to the seat.
- Return to center and inhale. Exhale, bending your torso right.
- Repeat the cycle for 15 to 30 seconds; inhaling center and bending to the left/right as you exhale.

Benefits

- Stretches your spine, neck, back muscles, abdomen and side muscles
- Strengthens your core muscles
- Energizing
- Relieves tension caused by long sitting such as computer work

Modifications

Stop if you feel dizzy or light-headed.

If seated on a mat, sit on a blanket or other object to open your hips and create an S-Spine.

Can be done standing in Mountain pose or sitting cross-legged.

For more difficulty, increase the duration up to 2 minutes.

"I speak my truth."

3

Yes • No

W B

Key: Move your head slowly: This is a slow, synchronized movement with breath taking 3 to 5 seconds per cycle.

Verbal Cues

- Sit all the way back in the chair and press your shoulder blades into the back of the chair. Place your feet flat on the floor.
- Inhale and sit up tall, raising your head up to the sky to lengthen your spine.
- Exhale and slowly lower your chin to your chest, looking down toward your belly. Inhale, then slowly look up to the ceiling. Repeat this up and down movement 3 to 5 times as if you are nodding, "yes to life."
- Bring your head back to center, chin parallel to the floor. Exhale and turn your head left as if looking over your shoulder. Turn back to center and inhale. Turn your head right and exhale as if looking over your right shoulder. Repeat this back and forth movement 3 to 5 times as if you are shaking your head, "no" to something you don't want to do.

Benefits

- Releases tension in your neck
- Stretches your neck
- Relaxing and calming

Modifications

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

Move slowly. Each cycle should take 3 to 5 seconds.

Increase the number of cycles for each movement up to 30 times.

"I speak clearly."

4

Shoulder Rolls

W B

Key: Synchronize your breath to the movement; inhale on the upward motion, exhale on the downward motion.

Verbal Cues

- Sit sideways on a chair in Proper Seated Posture. Place feet flat on the floor in front of you, with hands on your legs above your knees.
- Inhale, lifting and shrugging your shoulders up toward your ears.
- Exhale and roll your shoulders forward and downward.
- Continue in a clockwise motion for 30 seconds; inhaling up and exhaling down.
- Repeat in the opposite direction (counter-clockwise).
- Finish by inhaling and bringing your shoulders up to your ears. Then exhale and release your shoulders down toward the earth.

Benefits

- Relaxes your shoulders
- Removes tension from your neck, shoulders and upper back
- Relaxing and calming

Modifications

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

"I am grateful for what I have."

5

Brain and Temple Massage

B R

Key: Sit in Proper Seated Posture with an S-Spine. Enjoy!

Verbal Cues

- Sit all the way back in a chair in Proper Seated Posture. Lift your shoulders up and back like bird wings.
- Inhale and lengthen your spine by reaching the top of your head toward the sky. Your back should be in an S-Spine.
- Align your hips, knees and ankles into 90 degree angles. Press your feet firmly into the ground.
- Visualize an experience that you would like to come true in your life.
- Slow your breathing down, taking 3 to 5 seconds to inhale and an equal amount of time to exhale. Close your eyes.
- Raise your hands and slowly massage your temples.
- Continue gently massaging the crown and sides of your head.

Benefits

- Relaxing; releases stress and tension
- Renews energy
- Improves focus and concentration
- Increases blood circulation to the brain

Modifications

Increase the length of time up to 11 minutes.

Alignment is especially important for this pose. Keep an S-Spine; do not round your back or slouch.

"I can solve my own problems."

Standing, Sitting and Chair Yoga for Offices, Schools and Planes!

Follow the directions on each card starting with the first card, then in sequence.

This set releases tension in your neck and shoulders, and helps promote good communication.

In five minutes you will feel relaxed, refreshed and rejuvenated.

These are just five of the 52 yoga exercises from the Yoga for Small Spaces card deck set.

Note: Only do physical exercise if you are physically capable. Consult a doctor before starting any exercise program.

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