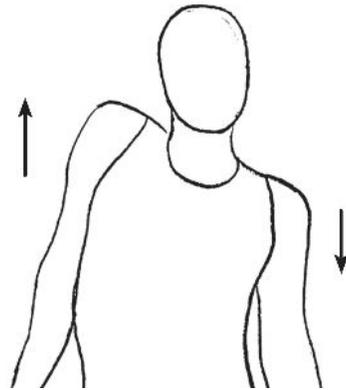


BOOST IMMUNITY AND FLOW

Shrug Asana: Shoulder Release II



Start: Supine

Movement: Elevate one shoulder while depressing the other shoulder blade downward. Keep shoulders on floor.

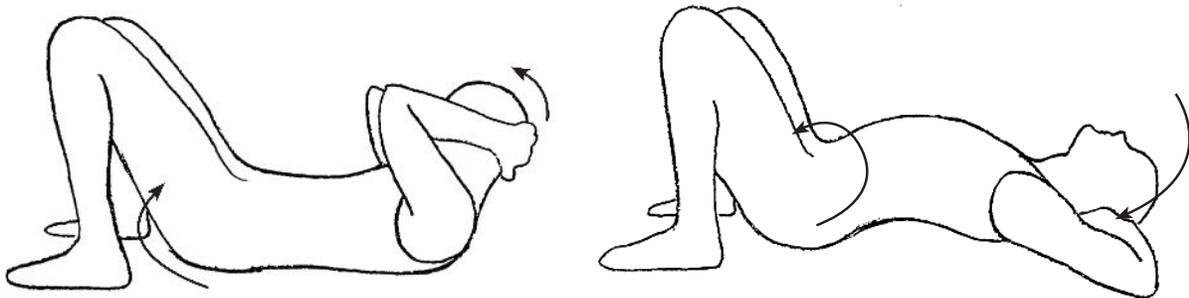
Typewriter Flow: Shoulder Release VI



Start: Hand into elbows, elbows above shoulders

Movement: Slide elbows to side, rotate head in opposite direction

Spinal Undulation II

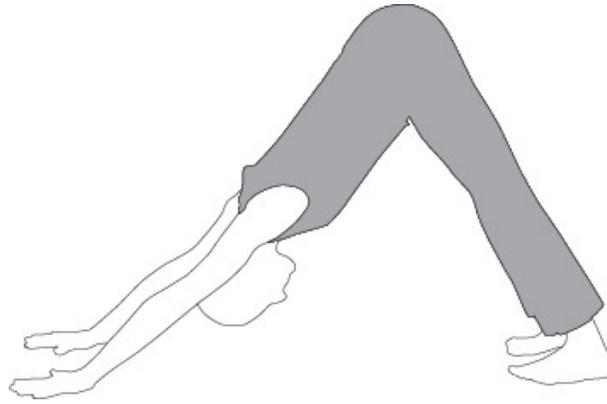


Start: Knees Bent, fingers interlocked behind head

Exhale – Take lumbar and cervical spine into flexion

Inhale – Take lumbar and cervical spine into extension

Adho Mukha Svanasana: Downward Facing Dog



Focus on spreading palms, lengthening your inside arms and engaging your triceps on the outside of your arms

Setu Bandha Sarvangasana: Bridge Pose



Elevate pelvis and interlace arms underneath you. Tuck shoulders underneath you and pin outer shoulders to floor. Breathe into your top chest.

Sukhasana



Focus on moving your breath underneath your skin in little waves. Visualize your breath washing over your arms, shoulders and top chest.