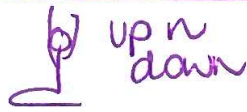


SHOULDER VINYASA

AY

2-11-2021

Break into shoulders

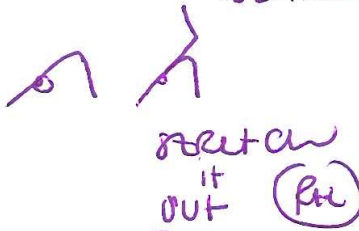


+ rolls active the biggest use muscles



Shoulder play (may be on tires)

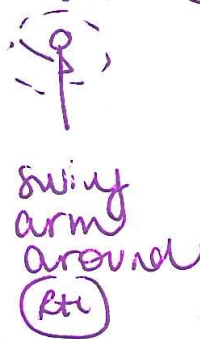
+ Reminder shoulders in dtd



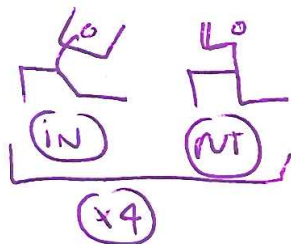
walk tw.

+ interlace fingers behind shoulders (up n down)

Roll up + stay at your spot



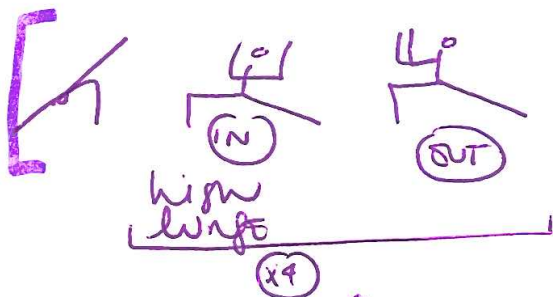
Remember wall



+ lift arms keep elbows together



make circles



with upper body lift



humble warrior



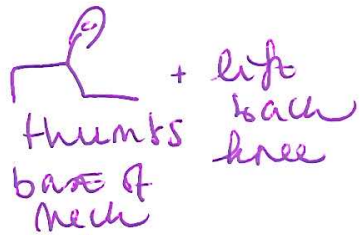
block press + lift

protrache vs retrache + walk knees to back > CORE

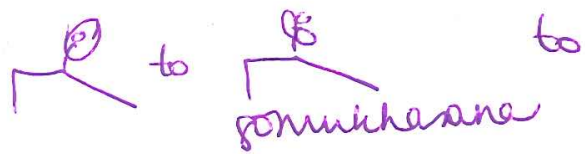
dolphin + lift leg? (go to wall)

base neck to gomukhasana (R)

[d A o 11



+ lift back knee



NII m 12
somukhasane

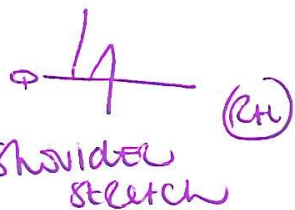
A

Navanthe
Sphit

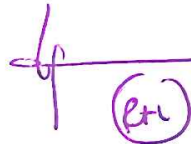
A o 11 (...) (RH)



pro 12



+



end

