

## Shoulders Yoga Exercise

*Maria's Place does not bear responsibility for any injury sustained while following our exercise programs.*

*Before undertaking any exercise routine, please consult your doctor and use common sense while exercising.*

*Listen to your body and be mindful of any existing medical conditions.*

**Sit in a chair without arms.**

**Repeat each exercise three to five times.**

Rest your hands on your knees and take a few deep breaths.

Roll one shoulder up and back.  
Switch directions and repeat.

Release your arm to your side and relax.  
Place both hands back on your lap.  
Repeat on the other side.

Relax both arms down to the sides.  
Shrug both shoulders and release with an open-mouth exhale.

Bring both hands back to your lap.  
Reach one arm toward the sky.  
Reach your hand forward and backward with small movements.  
Relax your arm back down to your side.  
Place your hand in your lap and repeat with the other arm.

Relax both arms down to the sides.  
Shrug both shoulders and release with an open-mouth exhale.

Place both hands on your lap.  
Place one hand on your heart.  
Open the other arm to a T with a softly bent elbow.  
Move your extended arm gently forward and back.  
Repeat with the other arm.

Relax both arms down to the sides.

Shrug both shoulders and release with an open-mouth exhale.

Open both arms out to a soft T.

Cross the arms around your body like a big hug.

Open the arms and repeat, alternating which arm is on top.

Relax both arms down to the sides.

Shrug both shoulders and release with an open-mouth exhale.

Place your hands on your lap.

Circle one arm up and back.

Switch directions and repeat on the other side.

Release both arms down to your sides.

Swing both arms gently forward and backward.

Reach both arms overhead.

Release your arms down as you exhale.

Place one hand on the opposite shoulder.

Gently massage your shoulder and arm with your hand.

Switch sides.