

Asana: 1 - roller on back (roller on back)



Benefits/Comments: opens up muscles in the back

Variation Comments: roller on spine

Technique: 1

Description: Start by lying the spine on the roller. Be sure that the head is totally on the roller. Place hands to the side while you find your balance.



Technique: 2

Description: Roll to one side of the spine. If you can maintain your balance, hug yourself while you move.



Technique: 3

Description: Roll to the other side. Continue for at least 10 times.



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My Practice Listing - roller for back and shoulders

Asana: 2 - roller to open arms and shoulders (roller to open arms and shoulders)



Benefits/Comments: opens up arms and shoulders
Variation Comments: shoulder and arms straight move

Technique: 1

Description: Begin by lying the spine on the roller. Be sure the head is on the roller.



Technique: 2

Description: Lift one arm overhead on inhale and bring it back down on exhale.



Technique: 3

Description: Bring the arm back down on exhale.



Asana: 2 - roller to open arms and shoulders (roller to open arms and shoulders)



Technique: 4
Description: Now begin to lift both arms overhead, Keep a pelvic tilt on roller.

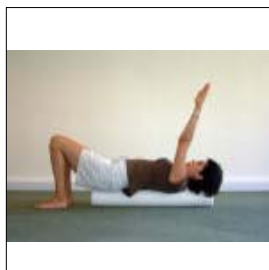


Technique: 5
Description: Continue to lift both arms overhead, Keep a pelvic tilt on roller.



Technique: 6
Description: Bring the arms back down on exhale.

Asana: 3 - roller to open arms and shoulders (roller to open arms and shoulders)



Benefits/Comments: opens up arms and shoulders
Variation Comments: arms open out to side

Penni Thorpe

My Practice Listing - roller for back and shoulders



Asana: 3 - roller to open arms and shoulders (roller to open arms and shoulders)



Technique: 1

Description: Begin by lying the spine on the roller. Be sure the head is on the roller.



Technique: 2

Description: Lift one arm overhead on inhale.



Technique: 3

Description: On the exhale bring the arm down at the side, like a butterfly wing. Do this at least 5 times on each side.



Technique: 4

Description: Now bring both arms overhead on the inhale.

Asana: 3 - roller to open arms and shoulders (roller to open arms and shoulders)



Technique: 5

Description: On the exhale bring both arms down at the side, like a butterfly wing. Keep pelvic tilt.

Asana: 4 - roller to open arms and shoulders (roller to open arms and shoulders)



Benefits/Comments: opens up arms and shoulders

Variation Comments: cross arms over chest, then out to side like butterfly wing



Technique: 1

Description: Begin by lying the spine on the roller. Be sure the head is on the roller.



Technique: 2

Description: Cross the arms in front of the chest and bring arms overhead on inhale.

Asana: 4 - roller to open arms and shoulders (roller to open arms and shoulders)



Technique: 3
Description: Continue crossing until arms are overhead.



Technique: 4
Description: On the exhale bring both arms down at the side, like a butterfly wing. Keep pelvic tilt.

Asana: 5 - roller to open arms and shoulders (roller to open arms and shoulders)



Benefits/Comments: opens up arms and shoulders
Variation Comments: arms move in opposite motion



Technique: 1
Description: Begin by lying the spine on the roller. Be sure the head is on the roller.

Asana: 5 - roller to open arms and shoulders (roller to open arms and shoulders)



Technique: 2

Description: Start with arms up toward the ceiling...makes it easier to go in opposite directions.



Technique: 3

Description: Now move one arm in a back stroke and out to the side, and the other arm in a front crawl stroke and out to the side. It's like a butterfly wing in opposite directions.



Technique: 4

Description: A view of mid-stroke to the side.



Technique: 5

Description: Keep moving through the strokes for at least 10 rounds. If you want to make yourself crazy have your eyes go left and right.

Asana: 6 - finishing the lying on roller sequence (finishing the lying on roller)



Benefits/Comments: open up the back without stressing it.

Variation Comments: getting off the roller with the optimum benefit



Technique: 1

Description: Slide hip down to floor.



Technique: 2

Description: Then slide shoulder and head to floor.



Technique: 3

Description: Come totally onto the back and roll the roller away from you...lie there for at least 10 breaths. Feel your back on the floor.

Asana: 6 - finishing the lying on roller sequence (finishing the lying on roller)

Technique: 4
Description: Bend the knees up over the body.



Technique: 5
Description: Roll to side, Use top hand and bottom elbow to push yourself up gently.



Technique: 6
Description: Now push yourself to an upright position.