

Age {Less} Move More

Shoulders Down Movement Sheet



Lying Cow Pose

From sitting take your right arm out and around and back behind you. Walk your right hand up between your shoulder blades with your palm out.

Press your elbow in toward your body with your left hand. Lie down on your arm with your knees bent. Lift your bottom and dumped weight onto your right shoulder blade. Turn your head to the right. Hold and breathe. Come down and roll to your left to release your right hand and arm. Play with your arm until it feels like yours again.

Roll to your side and sit back up again. Take your left arm out and around and back behind you. Walk your left hand up between your shoulder blades with your palm out.

Press your elbow in toward your body with your right hand. Lie down on your arm with your knees bent. Lift your bottom and dumped weight onto your left shoulder blade. Turn your head to the left. Hold and breathe. Come down and roll to your right to release your right hand and arm. Play with your arm until it feels like yours again.

This pose really helps release your shoulder joints and blades down and back.