

# Neck and shoulder elixir



Easy



Hero



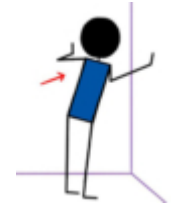
Hero



Neck Movement 1



Hare



Shoulder clock

**shoulder opening  
sequence with strap**



Cat Cow



Cobra



Sun Salutations C



Down Dog

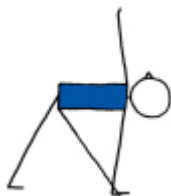


Warrior II



Humble Warrior

**neck back, pubic  
bone presses floor**



Triangle



Repeat On Other Side



Tree (arms & left leg  
up)



Down Dog



Low Lunge (right foot  
forward)



Lunge Twist

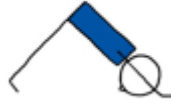
**bind top arm, wind  
hand around thigh**



Wide Leg Forward  
Bend



Standing Forward  
Bend 4



Down Dog



Low Lunge (right foot  
forward)



Lunge Twist



Bharadvajasana Twist



Half Lord Of The  
Fishes



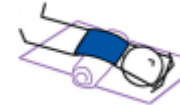
Crow



Half Frog



Bridge



Fish 1



Savasana