

# Arm Openings

Starting position: Side lying with your head supported on a small pillow. Arms reaching in front of the body and resting one on top of the other. Hips bent up to approx. 45° and knees bent up to approx. 90°. Shoulders and hips stacked one on top of the other. Draw the top hip downwards away from the top shoulder to create a small space between your waist and the mat.



## Level 1

- INHALE to prepare
  - EXHALE, reach the uppermost arm towards the ceiling. Continue to reach the uppermost arm out to the side allowing the upper body to rotate and the front of the chest to open to the ceiling. Allow the head to follow the movement of the arm
  - INHALE, and hold the stretch
  - EXHALE, rotate the body and arm back to the starting position
- Sets: 2   Reps: 10



## Level 2

- INHALE to prepare
  - EXHALE, float the top arm upwards and over your head, beginning the first part of a circular motion, keep the eyes in line with the hand
  - INHALE for the second half of the circle as you return to the starting position
- Sets: 2   Reps: 10



## Tips

- Imagine holding a piece of chalk in your top hand and drawing a large rainbow over the body for level one
- Imagine holding a piece of chalk in the top hand and drawing a large circle above the body for level two
- Think of your shoulder blade drawing downwards as the top arm lifts like the counter weight on a railway gate