

Eagle

1a.



1a. Standing tall, hold left forearm vertically in front of chest. Bring right forearm under and around left. Press palms together or interlace fingers.

1b. Lift fingers toward the ceiling until you feel the stretch between the shoulder blades. Hold 30 seconds.

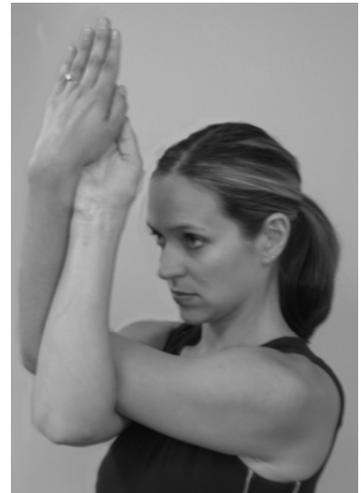
Variation: Pull arms to the right and look over left shoulder until you feel a stretch behind left shoulder. Hold 30 seconds.

Repeat on other side.

2b.



1b.



2a.



Alternate view



580 Market Street Suite 200
 San Francisco, CA 94104
 P: 415-788-2100 F: 415-788-2102

Thread the Needle

2a. Stand about two feet from the wall. Place hands on the wall at shoulder height. Towels may be used to decrease friction.

2b. Straighten both arms, sliding left hand up as right hand passes under it toward the left. Slide until you feel a stretch behind right shoulder and upper back. Maintain both hands in contact with the wall, and keep shoulders relaxed. Hold 30 seconds. Repeat on other side.

NOTE: Do not move feet. As you straighten arms, you will have to lean towards the wall.