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Yoga For You

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MANOA YOGA CENTER
Elbows to Wall.

Shoulder stretch at wall

In this pose, we use a wall to help gain freedom in the shoulders and arms. It is useful in relieving tension in these areas.

1. Stand facing a wall.
2. Join your palms and place your forearms on the wall with your fingers pointing up to the ceiling. Press the little finger side of the hands, forearms and elbows against the wall. Keep your elbows shoulder-width apart. Do not let your shoulders hunch. Instead, move the shoulder blades into the back. Check that the position of the hands and arms are symmetrical and even; do not have one elbow higher than the other or let the hands tilt to the side.

3. Keep pressing the side of the hands and forearms into the wall as you walk back, away from the wall until your legs are vertical. Your elbows should be kept at the height of your hips.
4. Inhale and press your forearms into the wall as you pull your leg bones and hips away from the wall. Work to open the chest and spread the shoulder blades as you breathe quietly through the nose. Do not strain. Maintain a steady flow of attention on the even effort of the arms and legs.
5. Stay for 30 to 60 seconds, then come up and repeat.

Ray Madigan and **Shelley Choy** are certified Iyengar Yoga teachers and co-direct the Manoa Yoga Center at Manoa Marketplace. Visit www.manoayoga.com or call 382-3910. Manoa Yoga Center, the authors and the Star-Bulletin take no responsibility for any injury arising from the practice of these yoga postures. Readers should seek a doctor's approval before commencing this yoga practice.

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