

Why do we ask that you keep your elbows up to the ceiling and close to each other VS out for the sides?

(only when student can feel his scaps move.)

1. Hands behind head – elbows to ceiling but wide apart. Feel your shoulder blades are moved closer to each other on either side of your spine. Feel what happens down your spine as you lift your head. Where does it round? Rest.

2. Now repeat but move your elbows close to each other. Feel how that pulls your shoulder blades apart from each other. Now as you lift your head, can you feel this helps your spine round more? Perhaps you can lift a little higher or easier.