

25. Angel Wings: Extend your arms forward; then bend your elbows and place your fingertips on your shoulders. On an inhalation, open your elbows out to the sides and draw your shoulder blades together in the back of your body, as if you had a nut on your spine and your shoulder blades were moving together like a nutcracker squeezing the nut. On an exhalation, bring your elbows forward and together (or as close as they'll comfortably come) in front of you, and feel your shoulder blades sliding apart in back of your body. Continue for three to six breaths.



Figure 5.22a. Angel Wings:
Forward

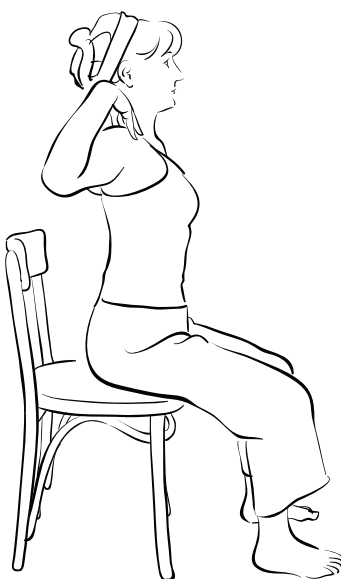


Figure 5.22b. Angel Wings: Back