

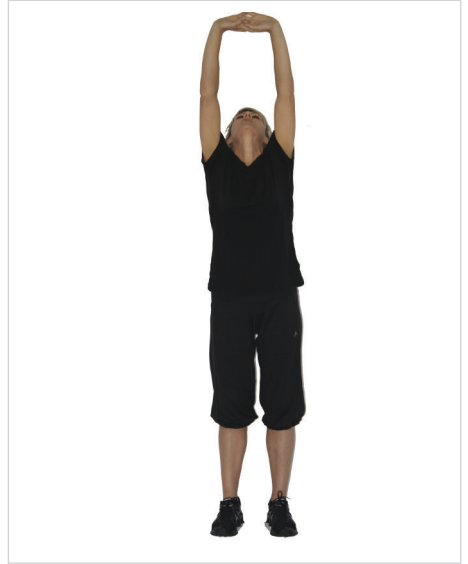
HANDS TO SKY

POSITION

1. Feet shoulder width apart.
2. Fingers interlaced. Palms facing away. Elbows straight. (Step 1).
3. Raise arms up - eyes and chest follow hands (Step 2).



STEP 1



STEP 2

Take care if you have neck or shoulder discomfort, work within a comfortable range.

Make sure:

- Lift chest and eyes upwards. Avoid arching lower back (Step 2).
- Only lift arms as far as comfortable. Stop if discomfort in neck or back.

Breathing:

- Breathe in (Step 1). Breathe out as lift arms (Step 2).

It is good for:

- Stretching chest and shoulders after forward postures.
- Strength upper and mid back.
- Forearm stretch.