

Age Less Move More

Free Your Deltoids Movement Sheet

Elbows On Chair



Come onto your knees in front of a chair seat or couch or rock. bring your elbows to the table and walk back, aligning your legs with your hips. Drop

Your head and neck through your elbows and walk your elbows together until they are touching.

Take your hands in prayer position and move them toward your back and then toward the table. Find where you hold the most tension and breathe in and out of that space. If

you want more intensity swing your hips to the right, hold and breathe. Swing your hips to the left, hold and breathe. Come out by walking your feet toward the table.

This movement frees your shoulders and releases your neck.