



Heidi Goldman/ Certified Industrial Ergonomist-CIE, Yoga Therapist C-IAYT & APD instructor, Yoga Alliance E-RYT-500, Registered Yoga Teacher Training School & YACEP instructor, Massage Therapist-LMT

<https://www.yesyogasystems.com>
heidigmt@gmail.com
+1 (406) 459-7673

Yes! Yoga: Balls and Bodywork Pregnancy Tool Kit

Shoulder Mobility Release

Trimester: 1st, 2nd and 3rd

Props:

- A moderately deflated 6-8" playground ball.
- Comfortable cushion to sit on—block, folded blanket, Yoga Pregnancy Wedge or even a chair.

Pose:

Position #1, #2, #3



- Sit in a comfortable seated position.
- Place the ball under your armpit, tucking it as close to the armpit as possible.
- Bend your elbow around the ball, and clasp your left wrist with your right hand, squeezing into the ball.
- Now roll your elbow and shoulder in a complete circle—forward in one direction then backwards touching each point on an imaginary clock.
- Gently bring the ear towards the shoulder and the shoulder towards the ear on the side with the ball. This is a relaxed soft movement do not contract the short side of the neck muscles, relax them, let go and allow gravity to lengthen the opposite side. This is called Proprioceptor Neuro-muscular Facilitation PNF.
- This sequence engages your whole arm, shoulder/arm socket, side ribs and shoulder blades.
- Remove the ball and place it in your lap. Pause and feel the difference before changing sides.

Breath:

Find a comfortable rhythm inhaling and exhaling.

Benefit:

This series creates mobility and fluidity in the shoulders/arm socket, shoulder blades, and along the whole torso including the ribs and intercostal muscles.

Modifications and Helpful Hints:

Do not do this pose if you have osteoporosis, osteopenia or tend to dislocate your shoulder socket easily. All others, be careful not to press too hard into your ribs.