

## Shoulder "V"

Stand with your feet just beyond shoulder width. With a slight bend at the knees, slowly bring your right hand/palm down to the floor- right in the center of your stance. Take your left arm and slowly raise it up towards the sky, while twisting at your torso and turning your head looking at your raised hand. Hold for up to 30 seconds (6 deep breaths), as tolerated. Repeat the same move starting with your left hand/palm on the floor. Don't forget to breathe!

Frequency: 3 sets, each, daily.

Modified Version: Hand on right knee, then bring your left arm up, while twisting at the torso.

