Thai Goddess – Hands Interlaced

Kneel with toes tucked under, (with your wight evenly distributed across to ball mounds), sitting on heels. Come out when you need to. Hold for 2-5 breaths.

Rhomboid Juicer

Focus on the sliding of the shoulder blades in this pose. From table raise the upper back towards the sky on the exhale. Inhale and bring the shoulders blades together.

Gate Pose

From kneeling, extend one leg out to the side and arms out from the heart. Move from side to side to stretch the hips and legs. Lengthen the side body if the hand will touch the ground.

Runner's Lunge

Use blocks if you have them. Move with the breath – inhale heart forward as the front knee bends. Back knee stays down. Exhale and straighten front leg. Option to fold forward to increase the stretch.