Swimming Shoulders – elbows bent

Stand with fists at heart centre and elbows out to the side. Begin to roll shoulder forward, drawing a circle with the elbow. Bring awareness to the sliding action of the shoulder blade along the ribs.

Reclined Shoulder Window

Lying on your back with knees bent and feet planted on the floor. Reach arms up, hold opposite elbows, creating a window. Begin to move window side to side. Knees can stay to centre or windshield.

Warrior II with Elbow Squeeze

From a lying on your back with knees bent. Cross one ankle on to the opposite knee in a "figure 4". Rock back and forth and allow the foot to come towards the floor. Hold ankle if foot finds the floor easily.

Happy Baby

From lying on your back, bring knees towards you and hold on behind the knees, the legs or the feet. Knees are bent and feet are up towards the ceiling. Find your version of happy baby. Relax the jaw.