

Shoulder practice - level two



1. Supported Head & Shoulders



2. Supported Head & Shoulders-I



3. Supta Gomukasana A



4. Supta Gomukasana B



5. Leg Lifts A
Inhale



6. Leg Lifts B
Exhale



7. Dynamic Side Crunch-
Side-I



8. Dynamic Side Crunch-
Side-II



9. Cakravakasana-Neutral



10. Forearm Downward Dog



11. Balasana-Child Posture
w/Shoulder Stretch



12. Vasisthasana-Modified



13. Vasisthasana-
Modified Balance



14. Plank



15. Caturanga Dandasana



16. Urdhva Mukha Svanasana-
Up Dog



17. Adho Mukha Svanasana-
Down Dog



18. Uttanasana