

# HOME PRACTICE SEQUENCE

## Shoulder Oiler

Model: Jenny Bettencourt

Photos: Kathy Prekoski



1. Interlace fingers, turn palms out and reach arms out in front of body.

Draw arm bones into shoulder sockets.



2. Keeping the interlace, reach arms overhead.



3. Interlace hands behind back. Do not turn palms down. Draw hands away from back.

Repeat with non-dominant interlace.



4. Reach arms out to side with palms turned skyward.



5. Bring right elbow under left for garudasana (eagle), wrapping forearms as much as is available.

Repeat 4 and 5 with left arm on the bottom.



6. Unwrap from garudasana and take a side bend to each side.



7. Place one hand on floor behind body and other hand on opposite knee, twisting to each side.

**Repeat entire sequence three times at a moderate speed, flowing smoothly between each pose.**