

## SHOULDER SLIDES WITH POLE



### Starting Position

- Lie on your back with knees bent
- Arms reaching to the ceiling
- Holding onto a pole or stick is optional



### Movement

- Inhale. Slide shoulder blades closer together without arching your back
- Exhale. Return the shoulder blades to the starting position
- Repeat 3 – 4 times, then
- Inhale. Slide shoulder blades away from each other, reaching the pole to the ceiling without caving the chest in
- Exhale. Return the shoulder blades to the starting position
- Repeat 3 – 4 times

### Notes:

- Keep your neck muscles relaxed onto the mat