

Yoga For You

Ray Madigan and Shelley Choy



MANOA YOGA CENTER
Nikki and Kim, students at Manoa Yoga Center, demonstrate the
Chair Shoulder Stretch.

Chair Shoulder Stretch, Stage 1

This pose uses a chair to help open the chest and shoulders. A simple metal folding chair can be used.

1. Sit on the front edge of the chair. Sit evenly on the buttocks with your feet hip-width apart and pointing forward.

2. Lift the chest and take the arms behind to catch the sides of the chair. Turn your arms out, roll your shoulders back, lift and expand your chest. Keep your shoulder blades down and do not crunch your neck. Do not arch your lower back.

3. Stay for up to a minute as you breathe through your nose while keeping your eyes soft. Repeat again.

Ray Madigan and **Shelley Choy** are certified Iyengar Yoga teachers and co-direct the Manoa Yoga Center at Manoa Marketplace. Visit www.manoayoga.com or call 382-3910. Manoa Yoga Center, the authors and the Star-Bulletin take no responsibility for any injury arising from the practice of these yoga postures. Readers should seek a doctor's approval before commencing this yoga practice.

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