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Yoga For You

Ray Madigan and Shelley Choy



MANOA YOGA CENTER
Ray Madigan, co-director of the Manoa Yoga Center, demonstrates Chair Shoulder Stretch, Stage 2, which opens up the chest and shoulders.

Chair Shoulder Stretch, Stage 2

This a more intense variation of Stage 1, which we presented last week. This pose uses a chair to help open the chest and shoulders. A simple metal folding chair can be used.

1. Sit on the floor in front of the chair with your legs straight.
2. Lift your chest and take your arms behind to the inside of the chair legs. Turn your arms out, roll your shoulders back and lift and expand your chest. Keep your shoulder blades down and do not crunch your neck. Press your legs down and lift your spine. Do not let your lower back slump.
3. Stay for up to a minute, while breathing quietly.
4. Then, take your arms to the chair seat and thread them through the backrest. Again, work to gain the same lift and openness in the chest. If your back rounds or shoulders hunch, raise your buttocks by sitting on a heightening object, such as a cushion or phone book. Do not arch your back.

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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