

## Preparatory Exercises

# Shoulders: Increasing Mobility

**Starting Position:** sitting either in *Vajra Asana*, on a chair, or even in the erect position.

Raise the right arm and stretch it upwards, with the thumbs pointing back.

Bending the elbow, move the right hand towards the shoulder blade and grasp the right elbow with the left hand. Gently pull the right elbow to the left and down, allowing the right hand to drop as much as possible.

Maintain for around 15–20 seconds, then release delicately. During the entire exercise, maintain a sufficient abdominal control.



Allow the right shoulder to glide downwards. Then bending the elbow and exhaling, move the right hand towards the inside of the left shoulder blade.

Your left hand is grasping the right arm just above the elbow and creates a delicate and progressive pull inwards. Breathe naturally, for around 15–20 seconds.

Release with care and attention. During the entire exercise, maintain sufficient abdominal control.

Raise the right arm, open it laterally and then extend it a little further.

Slowly move the arm inwards and hook it above the elbow with the left arm, moving the right arm as close to the chest as possible.

Maintain for 15–20 seconds with light respiration, then carefully release. During the entire exercise, maintain sufficient abdominal control.



**Contraindications:** some pathologies of the glenohumeral joint.

**Benefits:** mobility and awareness of the glenohumeral joint.