

# Neck and Shoulders Stretching

Kristen McQuillin



1. Revolved Bound Angle Pose



2. Revolved Bound Angle Pose



3. Seated Neck Rolls



4. Seated Shoulder Rolls



5. Twisted Pose



6. Twisted Pose



7. Head to Knee Pose



8. Head to Knee Pose



9. 3 Part Rib Opener



10. 3 Part Rib Opener



11. Easy Pose Raised Arms Pose



12. Cat Cow Pose



13. Thread the Needle Pose



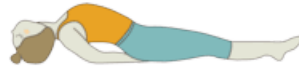
14. Thread the Needle Pose



15. Rabbit Pose



16. Upward Facing Dog Pose



17. Fish Pose



18. 2-part Neck Stretch



19. 2-part Neck Stretch