**Practice 5: Releasing the Weight of the World - Upper back, neck & shoulders practice**

* Supported chest opener with two blocks or egg blocks
* Mental centering
* Parvatasana with strap
* Gomukhasana and Garudasana
* Upper Trapezius stretch with head to side and reaching through fingertips
* Sarvangasana Preparation – bend elbows, squeeze and lift chest
* Morning Series - emphasis on twist for thoracic spine
* Pectoral stretch
* Pec stretch leaning into wall pushing away with the opposite hand
* Hand/nerve stretch at shoulder height with palm pressing into wall
* Harness with a yoga strap
* Arms overhead with a strap
* Figure 8
* Trikonasana with strap around wrists
* Parsvottonasana with strap around wrists
* Serratus Anterior push-up variations
* Sarvangasana – with blankets and feet on the wall
* Setu bandha with a strap around wrists
* Shalabasana - with arms on floor, off floor and hands clasped
* Danurasana (bow pose)
* Extended child’s pose
* Supta Padangusthasana
* Savasana with blanket roll under the neck and legs on chair