Reference Sequence: Yoga Sequence For Neck and Shoulders: Yoga Poses For Neck Stiffness

• 30 mins • Beginners Level • Shoulders and Neck

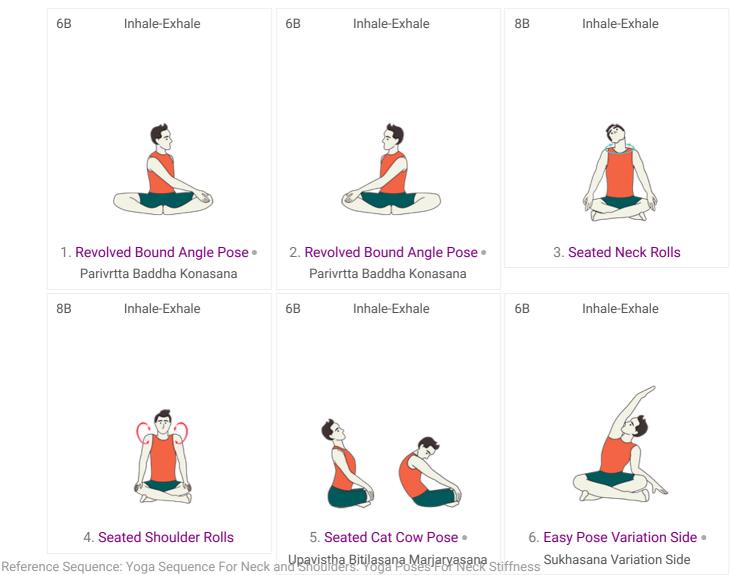
Yoga Sequence For Neck and Shoulders: Yoga Poses For Neck Stiffness

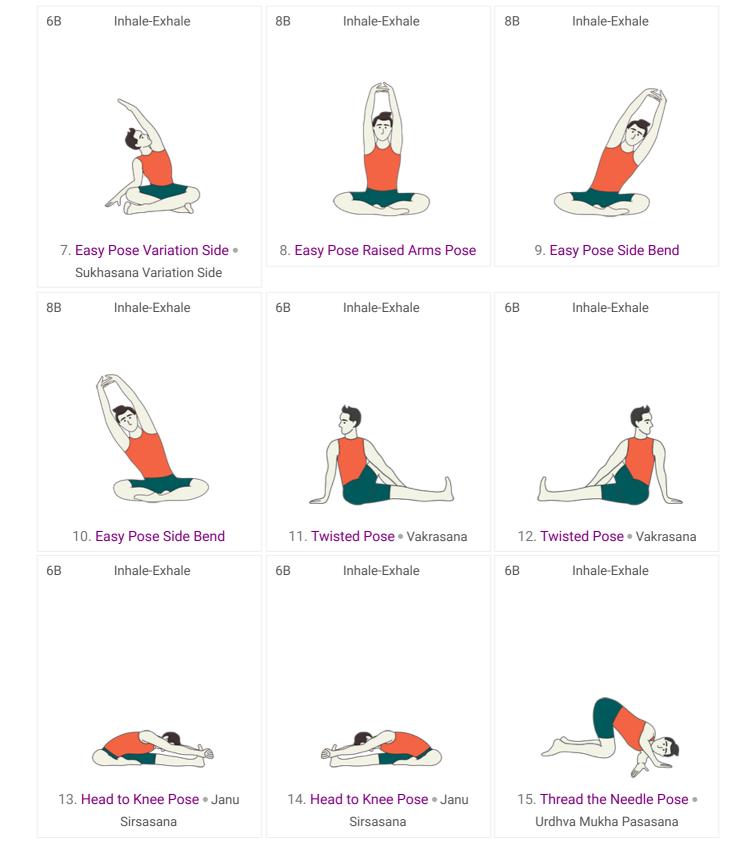
Nowadays, neck pain or stiffness is prevalent resulting from one or more reasons like bad posture, weak upper back muscles, headaches, prolonged exposure to screens, daily professional routine, poor vision, the structure of the cervical spine, emotional or mental stress, or a heavy body. The constant forward bending action of the cervical spine with time leads to a turtle neck and this can be very painful. Additionally, this impacts breathing as well. It can further jeopardize your routine, and reduce your productivity at work or otherwise.

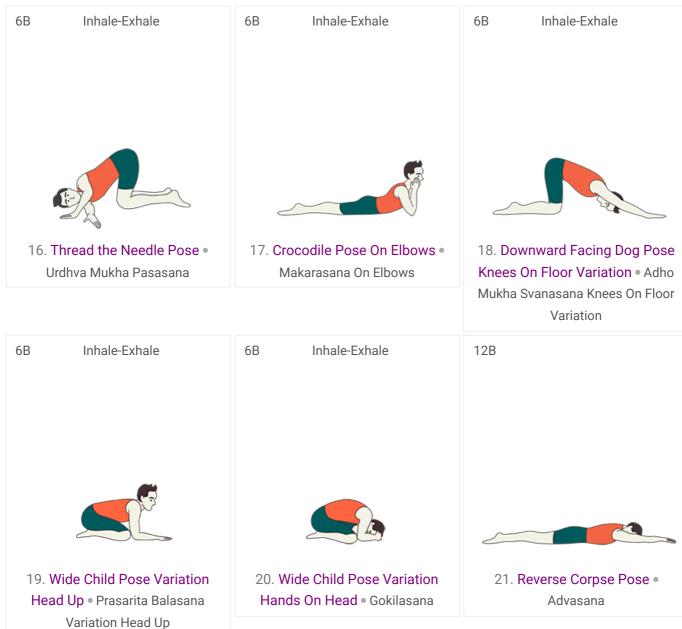
Yoga teachers can use this sequence (a short 30 minute routine) as a separate routine, or it can be included in the warmup section of any yoga sequence. The practice of these poses can help relieve the discomfort in the neck, shoulders, upper back, and lower back. Sometimes neck stiffness can also be triggered if the lower back is weak and stiff, so in the sequence, some of the poses target the lower back. In this sequence of 22 poses, the first set of poses target the upper body, and the second set targets the lower body, thus it gives the entire spine a complete stretch.

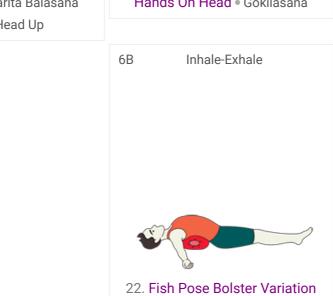
Yoga teachers can consider the inclusion of Yoga Sequence For Back Pain to give a rejuvenating experience for the entire spine.

Disclaimer: You can use the yoga sequence below to relieve temporary neck stiffness that does not involve an injury or chronic ailment like spondylitis. You must consult a specialized physician if the underlying cause of neck pain is an injury or ailment.









Head On Floor • Matsyasana Bolster Variation Head On Floor