

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

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• 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 [warm-up](#) 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.

<p>6B Inhale-Exhale</p>  <p>1. Revolved Bound Angle Pose • Parivrtta Baddha Konasana</p>	<p>6B Inhale-Exhale</p>  <p>2. Revolved Bound Angle Pose • Parivrtta Baddha Konasana</p>	<p>8B Inhale-Exhale</p>  <p>3. Seated Neck Rolls</p>
<p>8B Inhale-Exhale</p>  <p>4. Seated Shoulder Rolls</p>	<p>6B Inhale-Exhale</p>  <p>5. Seated Cat Cow Pose • Upavistha Bitilasana Marjaryasana</p>	<p>6B Inhale-Exhale</p>  <p>6. Easy Pose Variation Side • Sukhasana Variation Side</p>

6B

Inhale-Exhale



7. **Easy Pose Variation Side** •
Sukhasana Variation Side

8B

Inhale-Exhale



8. **Easy Pose Raised Arms Pose**

8B

Inhale-Exhale



9. **Easy Pose Side Bend**

8B

Inhale-Exhale



10. **Easy Pose Side Bend**

6B

Inhale-Exhale



11. **Twisted Pose** • Vakrasana

6B

Inhale-Exhale



12. **Twisted Pose** • Vakrasana

6B

Inhale-Exhale



13. **Head to Knee Pose** • Janu
Sirsasana

6B

Inhale-Exhale



14. **Head to Knee Pose** • Janu
Sirsasana

6B

Inhale-Exhale



15. **Thread the Needle Pose** •
Urdhva Mukha Pasasana

6B

Inhale-Exhale



16. **Thread the Needle Pose** •
Urdhva Mukha Pasasana

6B

Inhale-Exhale



17. **Crocodile Pose On Elbows** •
Makarasana On Elbows

6B

Inhale-Exhale



18. **Downward Facing Dog Pose
Knees On Floor Variation** • Adho
Mukha Svanasana Knees On Floor
Variation

6B

Inhale-Exhale



19. **Wide Child Pose Variation
Head Up** • Prasarita Balasana
Variation Head Up

6B

Inhale-Exhale



20. **Wide Child Pose Variation
Hands On Head** • Gokilasana

12B



21. **Reverse Corpse Pose** •
Advasana

6B

Inhale-Exhale



22. **Fish Pose Bolster Variation
Head On Floor** • Matsyasana
Bolster Variation Head On Floor