

## Seated Upper Back Series

This move certainly has become one of my most suggested movements for people who sit for extended periods of time. It provides a safe, gentle engaging of both the chest and upper back muscles as well as the shoulders,

neck, and upper arms. Great as a break from staring at a computer screen. When teaching this move to children we ask that they move forward as if diving in the water, and then open up to the sky to feel the rain come down.

### Seated Upper Back Series

Model: Courtney Miller Photos by: Darlene Czech



Figure 1

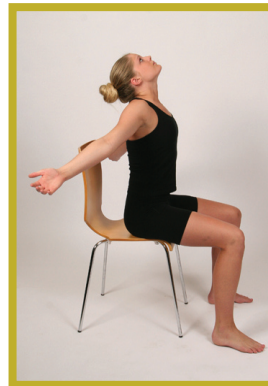


Figure 2



Sit on the edge of your chair with your knees apart. Relax your head down, round the upper back, rotate your shoulders and arms so that the backs of your hands touch (Figure 1). Open your arms back, let your head move up and back as you rotate your shoulders open with palms facing upward (Figure 2).



Repetitions:

X Per Day:

Notes:

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"Knowledge cannot expand about any thing, person, or concept that we have deemed as beyond question."

*John*

