

Airplane yoga: Neck focus

1		SEATED POSITION. 4 breaths.	Sit still, eyes closed, observing the sensations in your upper back and neck. Deepen your breath. IN: Lengthen your spine in a subtle way. EX: Relax your shoulders
2		SHOULDER CIRCLES. Continue for 4 breaths.	Sit up tall. Breathe deep and circle your shoulders up and back.
3		CAT-COW. Repeat 4x.	Place your hands on your knees. IN: Lift your chest forward and up, pulling slightly with your hands, lift your chin. EX: Round the back, tuck the chin in and pull your upper body away from your knees.
4		CAT-COW WITH HANDS BEHIND HEAD. Repeat 4x.	Place your hands behind your head and interlace the fingers. Point the elbows forward. IN: Lift the chest forward and up, lifting your elbows up. EX: Round the back, tuck the chin in and point your elbows down.
5		SIMPLE SEATED TWIST. Repeat 3x, then stay in the pose for 3 breaths looking back, and for 3 breaths looking forward. Switch sides.	Sit up tall. EX: Turn your body and your head to your right. IN: Turn forward. EX: Turn your body and your head to your left. IN: Turn forward.
6		CAT POSE WITH ARMS EXTENDED. Repeat 3x, hold for 3 breaths.	Place your hands in front of you and interlace your fingers. IN: Round the back, tuck the chin in and extend your arms forward. EX: Return back to starting position.
7		SIMPLE SIDE STRETCH. Repeat 4x, then switch sides.	Sit up tall. Place your right hand on your upper back. IN: Pull your right elbow up and look at it. EX: Look down to your left.
8		CAT POSE WITH HANDS BETWEEN THE KNEES. Stay for 4 breaths.	Hold on to your knees from the inside. Tuck the chin in and round your upper back slightly. IN: Expand your upper back and pull slightly away from your knees. EX: Relax the shoulders.
9		SEATED POSITION. 4 breaths, then do SEAWEED MEDITATION (below).	Sit up and check in. Notice how your neck and upper back are feeling. IN: Lengthen up through the top of your head, EX: Relax the shoulders, maintaining the length of the spine.
10		SEAWEED MEDITATION. Deepen your breath, expanding your rib cage in every direction. IN/EX: At least 8 sec. Continue to breathe comfortably. Imagine that your spine is like a seaweed with it's roots firmly in the ground, and the rest of it floating in the water. Build the sensation of fluidity in your spine, especially in your neck. Float like that for few minutes, observing the sensations in your upper back and neck.	