



# Karuna Yoga Newsletter

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## YOGA THERAPY

### Reducing Pain

**It is always important to move in a pain-free range of motion. Remember that adding more pain does not reduce pain. To reduce pain, you need to add more ease, more softness. Begin to move without pain, even if it is only a couple of centimetres of movement.**

### Your Breath

**By becoming aware of your breath and allowing it to be natural, soft, and effortless, you develop ease.**

### Your Shoulders







**Your shoulder girdle consists of your shoulder blades, upper arm bones, collarbones, rib cage, and the surrounding muscles. When you feel limited movement in your shoulders, any or all of these pieces can be contributing factors.**

**You may feel restricted when you move in the following ways: moving your arms forward and up, moving arms down and back, moving arms to the side or in rotation or a combination of all these movements.**

**Restriction in the shoulder girdle can also affect the position and strength of the arms, and this can result in repetitive strain injury in the elbow, carpal tunnel syndrome in the wrist, and general tension and pain in the upper back and neck. The functioning of your shoulder girdle can affect your daily activities such as carrying shopping bags, cleaning, gardening, and lots of other things.**

**During your yoga practice and in life generally, remember to breathe naturally, to not force any part of your body and always move in a pain-free range of motion. Keep an awareness of your movements and try to relax from your shoulder girdle down through your arms and down into the tips of your fingers.**

## YOGA POSTURES TO IMPROVE THE FUNCTIONING OF YOUR SHOULDER GIRDLE, NECK AND UPPER BACK

<p><b>TADASANA (mountain posture)</b></p> <ul style="list-style-type: none"> <li>• Improves blood circulation</li> <li>• Reduces stress and tension</li> <li>• Relax your shoulders in this posture</li> </ul>	
<p><b>BALASANA (child's posture)</b></p> <ul style="list-style-type: none"> <li>• Calms the brain</li> <li>• Helps to relieve stress and fatigue</li> <li>• Rest your head on your folded arms in front</li> </ul>	
<p><b>MARJARYASANA (cat)</b></p> <ul style="list-style-type: none"> <li>• If you have a neck injury, keep the head in line with the torso</li> <li>• Activates movement in the shoulder blades</li> <li>• Stretches the back and neck and gently massages the spine</li> </ul>	
<p><b>BITILASANA (cow)</b></p> <ul style="list-style-type: none"> <li>• If you have a neck injury, keep the head in line with the torso</li> <li>• Draw your shoulders down</li> <li>• Warms up the spine as it gently massages the spine.</li> </ul>	
<p><b>PARSVOTTANASANA (pyramid)</b></p> <ul style="list-style-type: none"> <li>• If you cannot touch the floor, support your hands onto blocks or on a chair. Keep your shoulders relaxed</li> <li>• To open the shoulders, place your hands on your hips or put your palms together behind your back and position hands between the shoulder blades.</li> </ul>	
<p><b>PRASARITA PADOTTANASANA (forward bend)</b></p> <ul style="list-style-type: none"> <li>• Place your hands on the floor or on blocks and keep your shoulders relaxed.</li> <li>• To open the shoulders, take your hands behind as in the photo opposite.</li> <li>• This posture helps to stretch the spine</li> </ul>	
<p><b>SUPTA BADDHA KONASANA</b></p> <p>Use this posture to contract your sphincter muscles, the pelvic floor. These muscles have a direct connection to the functioning of your hips and improve core stability. This core stability impacts the functioning of your shoulders. When you use your pelvic floor in an effective way, you will find greater stability in your pelvis and more ease in your hips and shoulders. You pull up and in with your anal, urinary, and, for women, vaginal sphincters. Then release. Repeat 2-10 times.</p>	