

Pose 26 Bolster Practice

Shoulder Bolster



The bolster practice provides an opportunity to connect with the breath and the muscle tissue. It raises your awareness of the present moment and become mindful in your yoga practice.

The shoulder bolster pose counteracts the negative effect of our sedentary lifestyle. This pose stretches and elongates the spine, relaxes the shoulders and neck muscles.



Props

- Sticky mat, round bolster, rectangular bolster, and timer.

Please refer to my website for information about all yoga props from Hugger Mugger™
joann.yoga/yoga/yoga-props/

Foundation

1. Place the feet 20" away from the sit bones. Hands are between the round and the rectangular bolster, underneath the shoulders. Arms extend and lift the shoulder girdle.
2. Slide the hands onto the floor, the palms are up, just like in **photo 1**.
3. Release the mid-thoracic onto the bolster, and with an exhalation extend the legs, just like in **photo 2**.
4. Establish a smooth rhythm of breath, and hold the POSE (**main photo**) for three minutes.

Release

5. When releasing, pull the left heel toward the left buttock, take the inner left knee to the floor on the right.
6. Bring the left hand onto the floor next to the right shoulder. Continue to release the head from the neck. Pressing the left hand firmly, extend the left arm to bring the torso to a seated position.

Advanced Alternative Pose – will stretch your chest, and release your neck and shoulders substantially.

- **Props:** Sticky mat, round bolster, and timer.
- The bolster is placed in the lower thoracic vertebrae. Hands are placed on the back of the bolster, and the arms are extended lifting the chest and shoulder girdle.
- Bending the elbows the mid-thoracic is placed on the bolster, just like in **photo 3**.
- Let the shoulders and head hang, just like in **photo 3 and 4**.



Duration: Keep the pose for **3 minutes**.

Extra focus:

- Keep a smooth rhythmic breath.
- Release the throat and mid-thoracic muscles.

Avoid:

- Hardening the breath, the neck and the throat.