

# Relieve Jaw, Neck & Shoulder Tension

20 mins Beginner , All Levels Alleviate Upper Body Tension

sabrina jo atto  
yoga

Neck, Shoulders



[open.spotify.com/playlist/4MbCCBd6lhcT5Nx7EOzLaF?si=Gu7ZGVNwRfKJAK0t4L2qUg](https://open.spotify.com/playlist/4MbCCBd6lhcT5Nx7EOzLaF?si=Gu7ZGVNwRfKJAK0t4L2qUg)

This sequence is meant to get the body moving in a slow and gentle way. Use your breath to connect each gentle movement with ease and intention taking to release tension in your jaw and upper body.

Feel free to modify the sequence to suit your body and it's needs.

## TIPS:

- KEEP THE JAW RELAXED THROUGH OUT THE SEQUENCE
- RELAX YOUR TONGUE
- IMAGINE THE ROOF OF YOUR MOUTH MOVING TOWARD TO TOP OF YOUR HEAD
- THE #B IN THE UPPER LEFT CORNER OF EACH POSE IS TOTAL # OF BREATHE

Namaste :)

5B

1. [Child Pose Variation Block](#) Balasana Variation Block

Take child's pose arms can be extended with "prayer hands" (anjali mudra)

Option: Block to forehead if the head doesn't reach the floor



Take a moment to set an intention for your practice.

3m

2. [Reclining Backbend Over Bolster](#) Supta Anuvittasana Over Bolster

- Roll up a blanket, so that it is long and tubular <https://www.tummee.com/user/yoga/sequence?lid=L16R&destPage=selectPoses>



- Place that blanket so that it is directly under your shoulder blades

- You may need some support for your head, the neck should be comfortable

Rest here for 3 minutes or as long as you would like

5B

3. [Child Pose Variation Block](#) Balasana Variation Block

Connect with your breath. Release tension in the jaw, relax the tongue. Focus on each inhale and exhale



## 10B Inhale- Exhale



### 4. Cat Cow Pose Bitilasana Marjaryasana

- Inhale draw your sternum forward, the tail bone will draw toward the sky as the back gently arches - bring shoulder blades together.

- Exhale pull navel to the spine and chin to chest as your back rounds - Press hands into floor

- Use these poses to feel into the body, notice if the movement is stiff/rigid. If so begin to soften the tension by breathing into those tight spaces.

## 10B



### 5. Cat Cow Child Pose Flow Bitilasana Marjaryasana Balasana Vinyasa

Take Ten Full Breaths

Move through the poses with fluidity allowing the breath to be the lead dancer.

## 5B

### 6. Child Pose Variation Hips Balasana Variation Hips

You can take a brick to the forehead if it doesn't come down to the mat/floor.



## 3B

### 7. Easy Pose Sukhasana

Sit up on the edge of a yoga block or folded up blanket.



Sit nice and high on your sitbones

Work on stacking the pelvis, heart and the roof of the mouth

## 10B



### 8. Easy Pose Variation Cactus Arms Sukhasana Variation Cactus Arms

On an inhale grow long in the spine

On an exhale twist at the navel - going right

With each INHALE grow long with each EXHALE soften tension/deepend twist

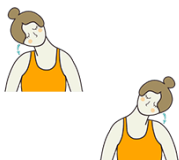
Arm Options: Keep in Cactus

OR

Take arms over head with the inhale and bring them down on the exhale, placing Right hand close behind you and Left hand on your knee/thigh

Switch Sides after 5 Breaths

## 6B



### 9. Neck Side Stretch Pose Close Up

Take three breaths on each side

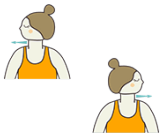
Remember to keep pelvis, heart and roof of mouth stacked, Sit Tall with Collar Bone broad

\*If you feel pain or discomfort in the neck do not continue.

Bring Right Ear to toward Right Shoulder - 3 breaths

Left Ear to toward Left Shoulder - 3 breaths

6B



#### 10. Neck Twists Close Up

Take three breaths on each side

Remember to keep pelvis, heart and roof of mouth stacked, Sit Tall with Collar Bone broad

\*If you feel pain or discomfort in the neck do not continue.

Turn Head to the Right - 3 breaths

Turn Head to the Left - 3 breaths

2B

#### 11. Reclined Mountain Pose Supta Tadasana

If you need support for the lower back you can:

Bend the knees or bring a blanket under the knees



Take a moment to connect with your breath

10B

#### 12. Reclined Supine Extension Pose

With both legs long or both knees bent...



On an INHALE take your Right arm over head - allowing the thumb to touch the floor behind you

On an EXHALE bring the Right arm back along side the body

Continue this pattern on the right side for 5 breaths

\*If it is comfortable turn your head to the left - opposite direction of the arm moving

SWITCH SIDE - LEFT ARM

10B

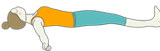
#### 13. Reclined Arms Movement Flow



On an INHALE Raise both arms over head - thumbs touching the floor behind you



on an EXHALE with open palms sweep arms out to the side and close the palms back down at your thighs



Make circles like this letting the breath guide the movement

10B

#### 14. Supine Spinal Twist Pose II Supta Matsyendrasana II

On an EXHALE Bring your knees into your chest then release the knees to the right - 5 full breaths



Keep your arms in "T" - work toward anchoring both shoulders to the floor

SWITCH SIDES - 5 breaths on the left side

2m 15. **Fish Pose Blocks** Matsyasana Blocks

Either come to the original posture with a rolled up blanket under the shoulder blades or  
Bring a block to the shoulder blades and one to the head



Lay down - making sure you are completely supported. If not come back to the original pose in sequence with the rolled blanket

You can take this pose with the knees bent or legs straight

When comfortable connect with your breath - stay here for about 2 minutes or 15-20 breaths

When you are ready to come out of the posture gently roll to one side, take a fetal position and then gently come up to sitting.

5B 16. **Bowing Yoga Mudra** Balasana Bowing Yoga Mudra

Take child's pose



Option: to clasp hands behind your back and lift toward head.

Close with revisiting your intention!



Sabrina Jo Atto is a seeker. She is a teacher of yoga, a business owner, a writer and her passion in life is to help others heal.

Sabrina holds a Bachelors of Arts in Psychology from Oakland University in Rochester Hills, Michigan and completed her 200 hour yoga teacher training with Karma Yoga in Bloomfield Hills, Michigan in 2014.

Since completing her initial Yoga Teacher Training Sabrina has studied and learned from a number of talented teachers, including Skeetor Tichnor in Maui, Hawaii where Sabrina completed a 200 hour Anusara Yoga Teacher Training.

In 2013, Sabrina established Freebird LLC, a wellness coaching practice where she works with clients seeking a holistic or integrative approach toward healing anxiety and living a joyful life.

She is the author of Transcending Anxiety: A down to earth guide for transforming stress & worry through mind, body and spirit and #DitchStress mind. body. spirit A Daily Journal.