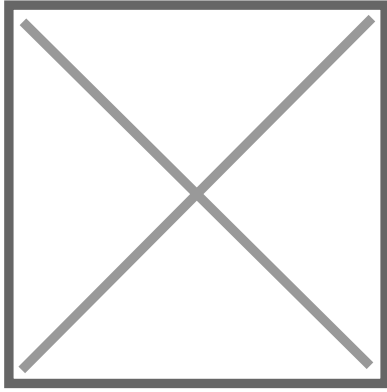




10 Minute Shoulder Tension Relief at the Wall

Description

This practice is perfect if you feel tension around the neck and shoulders. We get into a couple of active mobility movements to soften that area of the body. You can do this in your everyday clothes, and come back to the practice as often as you want to take computer breaks!

Thank you for practicing with me! What should I do next? Comment on YouTube or below!

Category

1. Move

Tags

1. movement
2. shoulders
3. tension relief

Date Created

April 15, 2021

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