

Welcome to Week 2, PYT!

This weeks class focuses a little more on our upper body - mainly our shoulders.

Our shoulders are the most mobile joint in our body. Can you think of all of the ranges of motion in your shoulder?

Because of all this movement, shoulders can also hold a lot of tension, especially if they are stuck in daily patterns like hunching over laptops and phones, sitting for extended periods and carrying heavy bags etc, etc.

Reminding your shoulders of all of their ranges of motion means we can keep the joint mobile. You may also find that you feel a lot more relaxed, your posture is better and you feel more confident.

Remember to look after yourself while you practise and, as always, get in touch if you have any questions relating to this weeks practise.

Sarah x

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