

# Summer Sequence for Strong Shoulders

Created by Leena Miller Cressman for the Queen Street Yoga community - [blog.queenstreetyoga.com](http://blog.queenstreetyoga.com)



Constructive Rest Pose  
2-4 minutes



Reclined Hamstring  
Stretch, R&L  
*Supta Padangustasana Prep*



Child's Pose  
*Balasana*



Side Plank- knee down,  
R&L  
*Vasisthasana Prep*



Downward-facing Dog  
*Adho Mukha Svanasana*



Side Plank- kickstand foot  
R&L  
*Vasisthasana Prep*



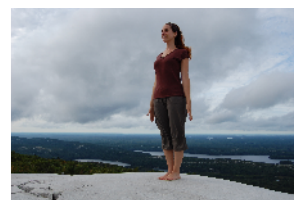
Pyramid Pose- R&L  
*Parsvottanasana Prep*



Plank Pose  
*Phalakasana*



Side Plank- R&L  
*Vasisthasana/Vrikshasana*



Mountain Pose  
*Tadasana*



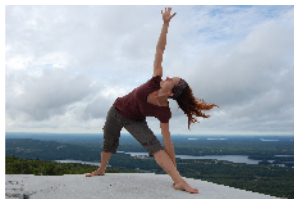
Tree R&L  
*Vrikshasana*



Hand Two Foot (Bent  
Knee) R&L  
*U.H. Padangusthasana Prep*



Extended Side Angle R&L  
*Parsvakonasana Prep*



Triangle Pose R&L  
*U.H. Padangusthasana Prep*



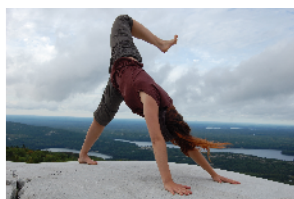
Wide-leg Forward Bend  
(w shoulder stretch)  
*Prasarita Padottanasana*



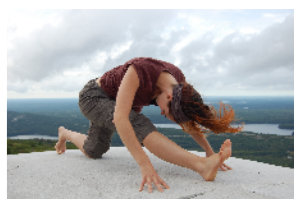
Wide-leg Forward Bend  
*Prasarita Padottanasana*



Side Plank- top leg in Tree  
R&L  
*Vasisthasana/Vrikshasana*



Downward-facing Dog  
-Leg in Hip Stretch, R&L  
*Adho Mukha Svanasana*



Runner's Lunge  
R&L  
*Hanumanasana Prep*



Gate Pose  
R&L  
*Parighasana*



Downward-facing Dog  
*Adho Mukha Svanasana*



Forearm Plank Pose  
*Phalakasana Variation*



Forearm Side Plank- R&L  
*Vasisthasana Variation*



Cobra  
*Bhujangasana*



Child's Pose  
*Balasana*



Cobbler's Pose  
*Baddhakonasana*



Leg's Up the Wall  
(or rock or tree :))  
*Viparita Karani*



Final Rest Pose  
3-7 minutes  
*Savasana*

Hold poses for 20-40 seconds or 5-10 breaths on each side. Relax in the final pose, savasana, for 3+ minutes. You could try using a smartphone app like "Yoga Timer" which dings a bell in set increments of time. Depending on your timing, the sequence will take between 20-40 min.

Do both right & left sides of an asymmetrical pose (R&L).

Add a Downward dog or a vinyasa whenever you like. Feel free to modify the postures and sequence to make it work for your body. **Enjoy!**

*Photo credit: Scott Miller Cressman, Killarney Prov. Park*