

Chest Opener

Laura Brooke: This stretch is a nice stretch to open the chest. And it's called chest opener.

So, what we're going to do is start with your nice long spine against the chair, shoulders down and back. And then, as you're ready, bringing the shoulders back as our hands come behind the chair. You may stop anytime your body says, "Ooh, that's enough stretch."

Feel the opening in the heart.

Feel the opening in the chest.

Feel the drawing together of the shoulder blades. Picture your shoulder blades trying to touch each other, like you've got a string pulling them together. Listen to your body.

Opening, opening.

Big stretch.

If you want, and are ready, you can clasp the hands behind your back. If you want a little more stretch, you can press those hands together as you move outward with your clasped hands.

You're going to notice that the shoulder blades are drawing together even more now. Even more.

Now, as we release, first we want to bring the hands back down, if they were up. And then bring them back around to your body.

Chest opener.