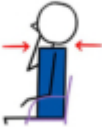

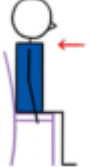


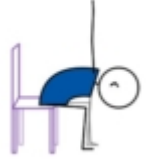
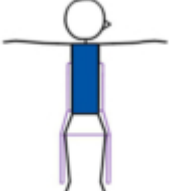
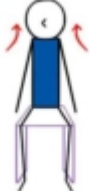
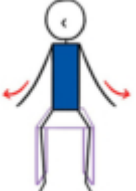






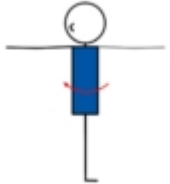




## Opening Series

 <p><b>Chair Neck Extension</b></p>	 <p><b>Chair Neck Flexion</b></p>	 <p><b>Chair Neck Retraction</b></p>	 <p><b>Chair Twist</b></p>	 <p><b>Chair Twist Fold Left</b></p>	 <p><b>Chair Twist Fold Right</b></p>
 <p><b>Chair Neck Stretch</b></p>	 <p><b>Chair Shoulder Circles</b></p>	 <p><b>Chair Shoulder Squeeze</b></p>	 <p><b>Chair Shrugs</b></p>	 <p><b>Chair Cat Cow I</b></p>	 <p><b>Chair Bow</b></p>
 <p><b>Chair Cat Cow II</b></p>	 <p><b>Mountain</b></p>	 <p><b>Standing Twist I</b></p>	 <p><b>Standing Twist II</b></p>	 <p><b>Standing Side Bend</b></p>	 <p><b>Standing Side Bend Arms Up</b></p>



**Pyramid**



**Mountain**

**Lesson Plan Description:**

This is a short 30 minute opening series to help open and release the upper back, neck and shoulders. It's a gentle opening series which can be used as a warm up at the beginning of a yoga class. It's also a nice gentle practice for office workers, seniors, and beginning yoga students.

You can create lesson plans like this using the [Genie Lesson Planner](#)