

Wrist Release



YOGA MOVES **MS**

- Place your right hand in front of you at chest height, position the palm of your right hand facing left, and spread the fingers of your right hand.
- With the assistance of your left hand, slowly turn your right palm in toward your chest and beyond to face right.
- Hold for 3 to 5 breaths.
- Repeat the instructions above using the opposite hands.

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**Yoga skills and techniques presented in this article are not a replacement for medical care or personal instruction from a qualified instructor. Before beginning your yoga practice, consult your physician for any contraindications to the poses and exercises listed such as neck, spine, wrist or ankle injury.