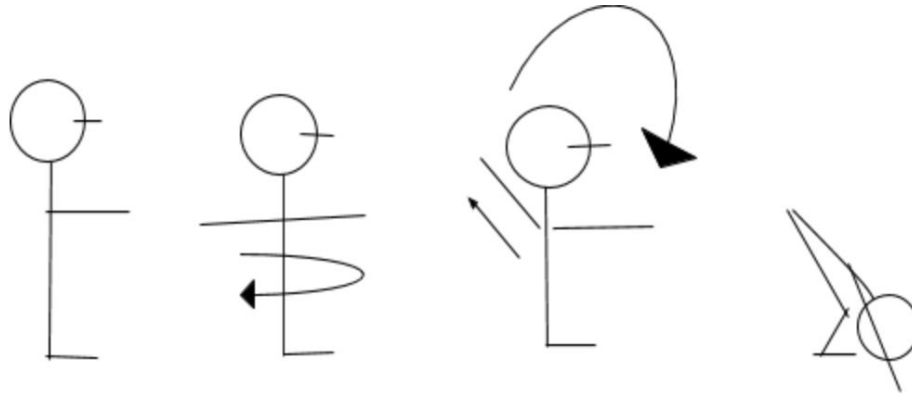


## Athlete-Centered & Sport-Specific

*An essential part of any training for Physical Performance*

*Good for all sports particularly swimming, golf, cricket, football, skiing, archery, racket sports, rugby*

### Rishi Sequence



#### TECHNIQUE:

1. Stand with feet hip-width apart. Connect to your breath. Inhale for a count of 2: exhale for a count of 4.
2. Inhale: 2 - raise arms parallel to the floor, make two gentle fists, thumbs pointing upwards, drop shoulders. Exhale: 4
3. Inhale: 2 - slowly open right arm out to the side, let your gaze follow your thumb (take the arm around as far as comfortable).
4. Exhale: 4- slowly raise right arm up & over, following hand with your gaze.
5. Continue exhaling as you follow through folding forwards into a soft forward bend. Knees bent, roll up to stand.
6. Repeat on both sides 3 times.

#### BENEFITS:

- Gently mobilizes the shoulder joints and thoracic spine and stabilizes the shoulder joints
- Focusing on the thumbs during movement helps improve concentration
- Provides an opportunity to observe any pain or discomfort in the body

#### NOTES:

- Please use your own discretion when using new techniques and consult a physician if you are unsure.
- Discontinue activity immediately if you experience sharp pain.
- Work within a comfortable range of motion (ROM) - start small and increase gradually.