

# Elbows to the Sky - The cousin of Arch, Curl & Uncurl

## Come out of the Red Pattern of Stress Tension.

It's the pattern of withdrawal, worry, sadness, hopelessness, disappointment, despair and depression. Remember that you love yourself!

### Can you change how you feel?

Try a few at very low effort, small.

Search the front for the place that doesn't know how to open.

Lower in a way that you soothe your system.

How many: until the curling up is not automatic, and until your front can let you open.

**DO THIS  
WHEN YOU FEEL  
FEAR, WORRY,  
SADNESS,  
OR  
DEPRESSION**



Lie on your back, with bent knees, feet on floor.  
Fingers loosely interlock behind the head.  
For less strain on shoulders: hands cup sides, top, or back of head if that is easier.  
Assess yourself for stress. How much are you in stress?

### Bring elbows up.

With an easy effort, tighten the front to  
**push elbows up to the sky. Hands lift the heavy head.**  
Just enough to flatten or almost flatten low back to floor.

### Lower slowly.

One long inhale or with easy breathing cycles.  
Front of torso opens to lower hands that lower head.  
Shoulders slide across the side ribs to lower back to floor.  
Try counting down from 10 or 12. Maybe lower in steps.  
**Set down softly.**

Create a careful crescendo of effort, and then a careful, controlled diminuendo of effort, to rest.

### More advanced:

Focus your attention entirely inward in the movement.

Use a small breath in as a running start.

Use the exhale to help you push elbows to sky.

Where does the opening come from at every moment of the descent?

As you open, where does the slack come from, at every moment of the opening?

**Close up enough to feel small.** Feel the smallness.  
Can you pay attention to the space all the way to open?

Your torso curls to get the elbows toward the sky.

As you lower, where does the curl-of-the-torso not know how to open/flatten well?

Control going into the effort. Control coming out of it.  
Count 1 to 7 as you go into the contraction.  
Count 12 to 1 as you open.

### Fine tuning

Use of the glutes in this movement is over-efforting. Leave the glutes out of it.

### Shoulder discomfort

If the elbows-opening-to-the-sides is uncomfortable for your shoulders:

- 1) they don't need to open, keep them pointing up.
- or
- 2) use a pillow under each elbow.

**Search YouTube:**  
**Eric Cooper Somatics Elbows Sky**