

Begin to Address the Tensions That Hunch

The Basic Front Vertical Movements



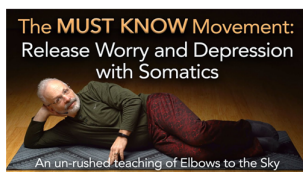
Hunched Postures, Rounded Shoulders, Sunken Chests Playlist:
<https://www.youtube.com/playlist?list=PLFLw4vgr7ayj0YgnU5JKNCjOzUTfgZpTF>



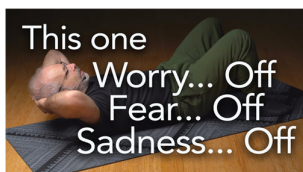
Stop Being Depressed Playlist. Come out of the grip of it. Playlist:
<https://www.youtube.com/playlist?list=PLFLw4vgr7ayi4gUn7X4D4YtdWyZhqsR5W>



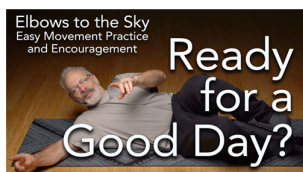
How I Freed Myself from 39 Years of Chronic Depression.
The intro to the Stop Being Depressed Somatics Playlist.
Intro/explanation 5m:05s https://youtu.be/ZJnG9pW_o3I



The Best Elbows to the Sky variations:
Start with this one: A slow and un-cluttered teaching of Elbows to the Sky Unravel Hidden Tension of Stress, Worry, and Depression.
Begin to address the tensions that hunch you over. 9m:18s
<https://youtu.be/9KbS0qFhvGg>



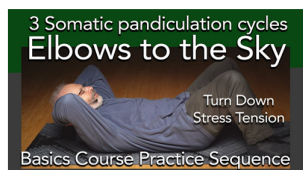
Elbows to the Sky - Worry Off, Fear Off, Sadness Off | Practice sequence with explanation 6m:56s <https://youtu.be/APM0uSU-Qw0>



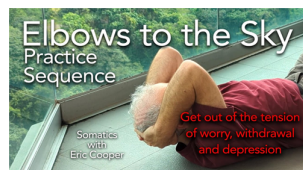
Elbows to the Sky, Ready for a good day? Hunched Posture
Come out of hunched posture, depressed posture. 6m:55s
<https://youtu.be/aPuVJnr2lB8>



Get out of stress practice | Elbows to the Sky | Somatics for worry, disappointment, sadness. 1 cycle of Arch and Curl 4 cycles of Elbows to the Sky 3m:20s <https://youtu.be/F67BeLXJzBk>



No-Frills Elbows to the Sky Practice, Come Out of Stress
Three pandiculation cycles of Elbows to the Sky. 2m:52s
<https://youtu.be/qffotl26QwQ>



Elbows To The Sky Practice Sequence. Get out of the tension of worry, sadness, and depression 5m:47s from Costa Rica
<https://youtu.be/1naIF3G0TB8>

