

# SPACIOUS SHOULDERS MOVEMENT BUNDLE FOR DESK WORKERS

## WHAT'S INCLUDED:

Five specially curated classes designed to counter the long hours spent at your desk.

This bundle combines mindful movement, strength, mobility and restorative practices for you to enjoy in the comfort of your home:

1. A Shoulder Focused Flow (45mins)
2. A Shoulder Focused Warrior Flow (45mins)
3. A Slow and Steady Shoulders class incorporating mobility, stability and flexibility (60mins)
4. An upper body class blending mobility and yin yoga (60mins)
5. A class to bring awareness mobility and strength to your shoulders (50mins)

## WHAT YOU'LL NEED:

I recommend the following props to help you set up your at home movement space.

You don't need to go out and get all the fancy gear, see below for some simple alternatives for things you may already have around the house.

Yoga Mat

Blanket or two

2 blocks (or 2 thick books)

Yoga Strap (or belt from your dressing gown)

Bolster (or pillows / cushions)

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