

Prayer Stretch



This stretch is great for people that have kyphosis (rounded spine) in their upper thoracic region and is beneficial for yogi's trying to correct their posture. This move will increase mobility in the thoracic spine as well as stretch the latissimus dorsi muscles; a group of muscles along the posterior lateral part of the trunk, that if tight can restrict overhead activities.

THE MOVE

Start off on your knees with the roller in front of you. Place your hands together on the roller and, while keeping your chest up as much as possible, push your arms forward to let the foam roll underneath your arm towards your body. As you're rolling the foam out, you should get a nice stretch in your lats. Come back to the starting position and repeat for the necessary amount of repetitions (usually two or three sets of 10 to 12 reps works well).

Download Prayer Stretch