**Breathing with Shoulder Raise**

**Equipment**: None

**Precautions**

* Maintain Good Posture – Keep back straight, avoid slouching.
* Use Support When Needed – Have a chair nearby for balance.
* Listen to Your Body – Stop if feeling dizzy, short of breath, or in pain.

**Instructions:**

1. Sit, feet flat. Inhale while raising arms overhead, exhale while lowering.