**Garudasana (Eagle arms stretch)**

**Equipment**: Yoga mat

* Do the yoga poses only as far as your body feels comfortable — never force or overstretch.
* Breathe normally, stop if you feel pain, dizziness, or strain.

**Instructions:**

1. Starting Position:

* You can do this stretch seated or standing. Ensure your spine is tall and long throughout the stretch.

1. Arm Position:

* Reach your arms out in front of you, with your palms facing downward.
* Bend your right elbow to 90 degrees in front of you, with your fingers pointing upward.

1. Left Arm Wrap:

* Bring your left arm underneath your right arm.
* Try to grasp your right wrist or palm with your left fingers, creating a bind.

1. Elevate Elbows:

* While maintaining the bind, raise your elbows to shoulder height.
* Push your elbows away from your chest, and gently round your upper back.

1. Hold the Stretch:

* Hold this position for 20-30 seconds. Focus on your breath and feel the stretch in your shoulders and upper back.

1. Switch Arms:

* After holding, unwind and switch the wrap of your arms (now the left arm will be on top) and repeat the stretch.

1. Repeat as desired.

**Tips for Eagle Arms Stretch:**

* Breathe deeply throughout the stretch to enhance relaxation.
* If grasping the wrists or palms is difficult, just place the back of the hands together.
* Ensure your shoulders are relaxed and not hunched up towards your ears.