**Shoulder Rotation**

**Equipment**: None

**Instructions:**

1. Stand straight with your arms relaxed at your sides and your feet shoulder-width apart.
2. Slowly rotate your shoulders forward in a controlled manner, making large circles.
3. After completing the forward rotations, switch directions and rotate your shoulders backward, also in large circles.
4. Continue alternating between forward and backward rotations as instructed.

**Key Tips:**

* Keep your movements smooth and controlled to avoid straining your shoulders.
* Focus on maintaining good posture throughout the exercise to maximize its benefits.
* Breathe deeply and steadily while performing the rotations to enhance relaxation and reduce tension.