



The Shoulder Girdle

All parts of your Shoulder Girdle are dynamically connected to the trunk of your body. Their attachment is not meant to be rigid or bound, but free.

A healthy Shoulder Girdle means your arm and hand movements are anchored loosely, making it possible for you to move your arms and hands freely without the shoulders getting locked or pinching in and up to the ears.

Keep your Shoulder Girdle relaxed, and you'll notice your breath can move into the upper portion of your chest, making it possible for you to breathe more fully and deeply.

Your two shoulder joints where your upper arm bones sit and hang are shallow, but extremely mobile joints, which means

they are not designed to provide you with stability but with mobility. Always sense the freedom to move in your shoulder joints. Freedom to move is enhanced by changing your palm directions from up to down, to in, and out. When your shoulder joints are healthy your breathing can be more efficient

Here are some Nia breathing tips. Blend breathing and shoulder joint movement—

Inhale deeply and as you exhale, draw your elbows back behind you and squeeze your shoulder blades together. Sense imaginary wires and ropes drawing your shoulder blades together. Inhale deeply and as you exhale, sound, "Meeee," reaching to take hold of a box in front of you.

Inhale deeply, and sound "A". Sense stability in your core.

Visualize to Maximize

Visualize your entire shoulder girdle as a halo, or bony yoke with wings. Sense the wings gently falling down your back. Sense air moving through the feathers of your shoulder blade wings. Move your fingers and hands as if they were the very tips of these feathery wings.

Visualize your shoulder blades as slippery, sliding up and down your back as you reach your hands up and down and in or out. Sense space underneath your winged shoulder blades, as your palms come up, your wings float up and out. As your palms come down your wings flow down and in. No matter where your wings move, your shoulder joints are always down and away from your ears.

Visualize wires or ropes pulling your shoulder blades together and then releasing, sensing the space between them opening and closing.

For more information

Ask your teacher for more information about this and other available Nia Handouts.

Get the Nia Book, *The Nia Technique* (2005, Broadway Books).

Go on-line to read and subscribe to the free monthly Nia Newsletter.