

DIAGONAL SHOULDER PULL SCRIPT

It uses a diagonal pulling motion across the shoulders to release tension and improve mobility.

Here are the steps of the Energy Flow® Diagonal Shoulder Pull exercise:

1. Put one hand on your opposite shoulder.
2. Dig your fingers into the back of the shoulder, drag them over the top, and pull firmly down and across your body diagonally to your opposite hip.
3. Do this several times, and then repeat on the other side.

Reflection questions:

1. As you dragged your fingers diagonally across the shoulder, what sensations did you notice in the shoulder or upper back?
2. Did one side feel tighter or more sensitive than the other?
3. After completing both sides, how do your shoulders and upper body feel compared to before the exercise?