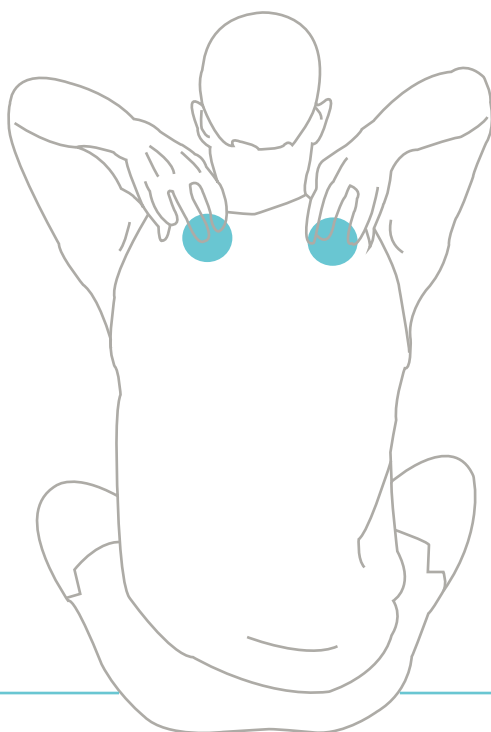


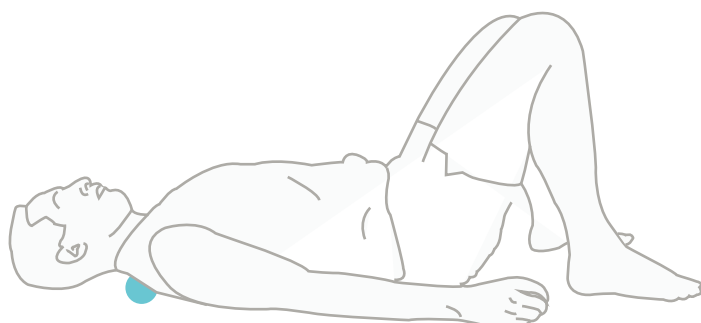
# Stop, Drop and Roll with Adam Bolton

## Traps

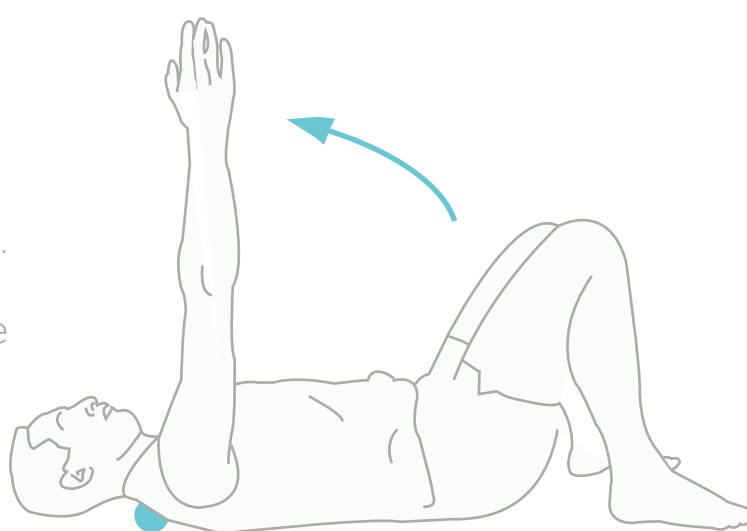
also called the trapezius, are a pair of large triangular muscles extending over the shoulders and back of the neck. The trapezius muscle affects and is affected by your posture. A lot of sitting in front of a computer, texting, or driving can cause tension and muscle stiffness. Tense traps can cause headaches, stiff neck pain and can be a trigger for migraines.



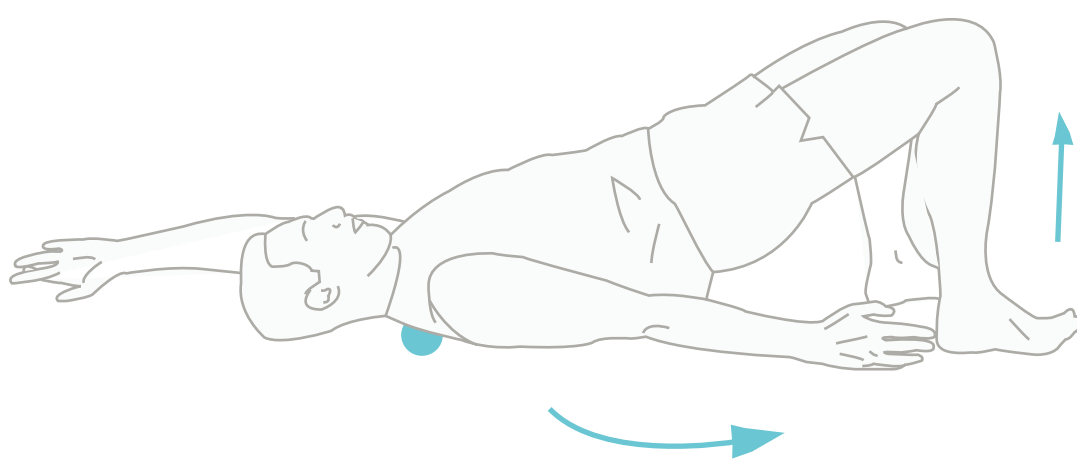
- 1 Lay down flat on your back with the **original balls** underneath your traps. If doing this already feels intense, stay at step one and allow the weight of your body to melt your tension into the support of the balls.



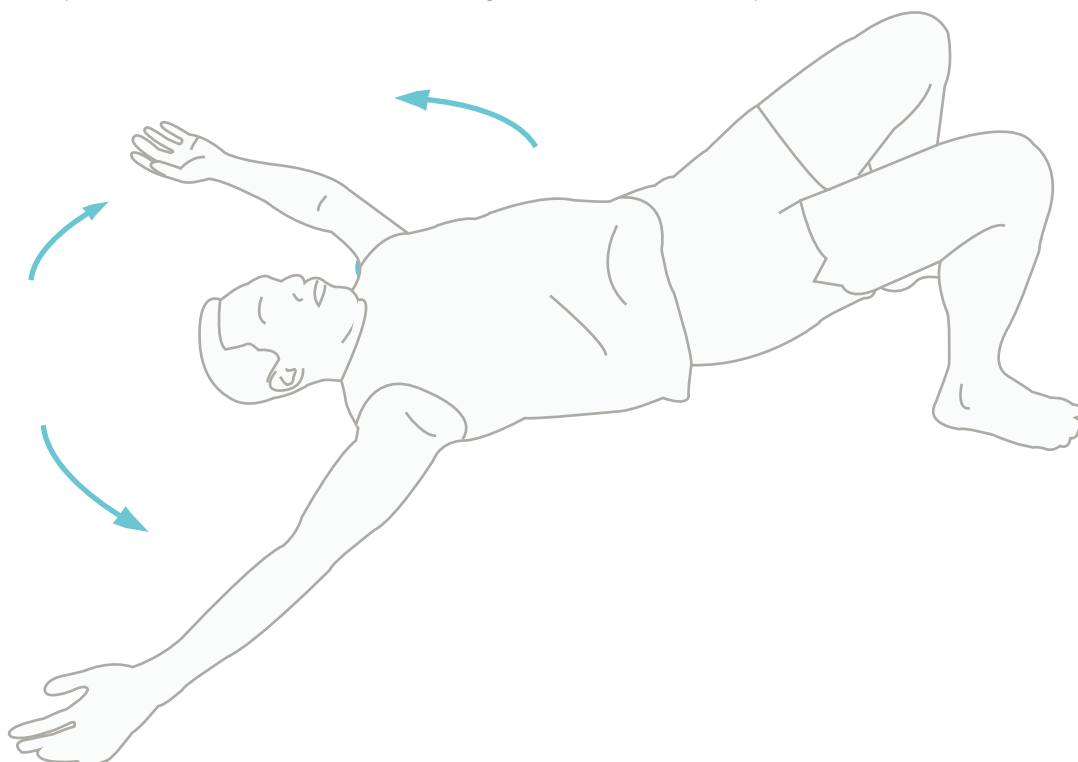
- 2 If Step 1 feels great try raising your arms straight in front of you. This will increase the weight in your upper body and increase the pressure of your traps over the **original balls**.



- 3 If Step 2 feels great, try lifting your hips into the air, coming into bridge. Lifting your hips will further increase the pressure of the **original balls** into the traps. You can also introduce movement by moving your arms in opposite directions slowly, pausing at a hover and alternating sides.



- 4 The final step to increase the tension release (if your body feels good) is to do snow angels. Keep your hips lifted. Take the arms out wide and hover your arms an inch or two above the ground. Keep your arms parallel to the floor and move them up to the ears and down to your sides a couple of times.



Join Adam in **Yoga Tune Up** at **889**  
every **Thursday** at **7:15PM**