

# DE-STRESS AT YOUR DESK

## SIMPLE DESK YOGA EXERCISES!



### 1. ARM Stretch

**Benefits:** Opens shoulders, stretches back

**How to:** Inhale, gently reach both arms up.

**Focus:** Breathe into the stretch in your arms and back. Exhale. Create length on the sides of your body starting from the neck down.

**Breathe:** In and out gently. Try this for 5-10 breaths. Keep your focus on breathing and stretching.



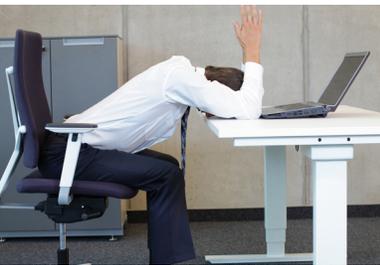
### 2. NECK Stretch

**Benefits:** Stretches neck while lengthening spine

**How to:** Sit up nice and tall. Place your right hand on your head as you gently pull your head toward the right.

**Focus:** Breathe into the stretch on the left side of your neck. Let the left shoulder gently drop away from your ear.

**Breathe:** In and out gently. Try for 5 breaths and repeat on the other side. When you are done, notice the length in your neck.



### 3. FORWARD Bend

**Benefits:** Soothes frontal lobe of the brain, releases back tension

**How to:** Slowly come into your forward bend. Keep your arms up to get more of a shoulder stretch, or fold them like a pillow for your head.

**Focus:** Inhale. Feel the breath in your body. Exhale. Sink a little deeper into your forward bend. Gentle tension only.

**Breathe:** In and out gently. Try this for 5-10 breaths. Slowly rise back up.



### PIGEON Pose

**Benefits:** Opens up the hips and lower back

**How to:** While seated in your chair, both feet flat on the floor, cross your right leg over the left at a 90-degree angle. Stay here, or for more of a stretch, slowly start to come forward. Gentle tension only.

**Focus:** Inhale. Feel the stretch in your right hip. Exhale. Let your hip open up a little more as it slowly releases.

**Breathe:** In and out gently. Try this for 5-10 breaths, then switch sides.



### 5. SPINAL Twist

**Benefits:** Releases back, opens the chest, increases oxygen to the body

**How to:** Sit up nice and tall. Place your right hand on your back. Place your left hand on your desk or bring it to your right arm rest to use for leverage. Slowly twist toward the right.

**Focus:** Inhale. Stretch your spine up to the ceiling.

**Breathe:** In and out gently. Try this for 5-10 breaths. Gentle tension only. Relax and repeat on the other side.

