

De-stress at Your Desk

What is Yoga?

The word yoga means union and is designed to create balance and union within the body. It helps to balance strength and flexibility. It is a way to create awareness and a sense of mind-body connection.

Benefits of Yoga

- Stress reduction
- Increased flexibility and range of motion
- Prevent repetitive stress injuries
- Energizing
- Increase lung efficiency and capacity

Before you Start

- Breathe deeply as you move
- Breathe in and out through your nose
- Take your time and be aware of each movement
- If there is a tense area of your body, breathe fully and release the tension
- Remember, this is your practice and you should go at your own pace
- Take each stretch to the initial point of sensation without pain.
- Practice often

Mountain Pose

Sit up straight with your feet flat on the floor. Take a moment to balance your entire body on your “sit bones”. These are the bones you feel if you sit on your hands.



Side Stretch

Inhale and reach your arms up towards the ceiling grab the left wrist with the right exhale and bend to the right. Inhale back to the center, switch hands and repeat on the other side.



Shoulder Shrugs

Take a deep breath and bring your shoulders up to your ears, tense and release as you exhale fully.



Shoulder Rolls

Breathe deeply and roll your shoulders up toward your ears. Exhale and release your shoulders down. Try to make full round circles in each direction.



Chest Opener

Inhale and reach the arms out to each side, forming a “T” with your arms. Pull the shoulder blades together and open through the chest. Hold for a few breaths then flex the hands back so that you feel the stretch more in the biceps and forearms.



Seated Cobra

Take a deep breath and place the hands either on the desk or your thighs. Gently look up, extend your spine and open your chest.



Seated Cat

Exhale, bring your chin to your chest, scoop your belly and round out your back. Hold for a few breaths, then inhale to come back to sitting.



Forward Fold

On an exhale, bend forward as far as you can between your knees. Release your arms and let everything hang toward the floor. Hold for a few breaths then inhale back to sitting.



Spinal Twist

Inhale and sit up tall exhale and twist your upper body to the right bringing your hands to the outside of your chair to help you twist. Hold for a few breaths then inhale back to the center. Repeat on the other side.



Ankle Rolls

Lift your leg and rotate your ankle slowly in each direction.



Knee to Chest

Inhale and sit up tall. Exhale and bring the right knee to the chest. Continue on this side with Modified Pigeon; repeat both poses on the left side.



Modified Pigeon

Place the right foot on the left thigh, inhale and sit up tall. Exhale and lean the upper body forward to intensify the stretch in the hip. Repeat on the other side starting with the Knee to Chest pose.



Neck Release

Come back to mountain pose. Inhale and sit up tall, exhale and gently bring your right ear to your right shoulder hold for a few breaths then rotate your neck so that your chin is reaching towards your right shoulder, roll the chin along the chest and then repeat on the other side.



Neck Rolls

After you have stretched to each side, roll the chin along the chest from shoulder to shoulder for a few breaths.



Forearm Stretch

Hold the right arm out with the palm facing up, with the left hand gently pull the fingers back toward the body. Repeat on the other side.



Wrist Rolls

Lift your arms rotate your hands a few times in each direction.



Hand Massage

Interlace your fingers and massage your right palm with your left thumb. Finish by gently massaging and pulling each finger. Repeat on the other hand.



Ear Massage

Massage your ears and finish by gently pulling down on your ear lobes.



Palming

Rub your hands together rapidly to generate heat. Place your hands over your eyes and breathe until all the heat is gone.



Crocodile Pose

Fold your arms on your desk and let your head rest on your arms. Relax and breathe for at least 5 breaths.

