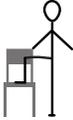




Office Yoga to do throughout your day!

For videos and additional practices, visit our site above.

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| 1 |  | Bring hands behind you to your lower back, bring bent elbows toward each other while lifting the chest to arc slightly back, keeping your gaze forward. |
| 2 |  | Bring your right hand behind your back with the palm facing away from you, as if you are aiming for your opposite shoulder blade (but don't force it), bring your left hand up and back to either hold hands behind you or to hold the fabric of your shirt. Hold for 6 deep breaths, relaxing any excess tension in the tops of the shoulders. Change sides and repeat. |
| 3 |  | This is for those of you with a standing desk! Every now and then, rest one foot on the chair/ledge and relax the hips. Alternate sides. |
| 4 |  | Sitting near the edge of the chair, cross your right ankle onto the left thigh to stretch the outer hip. Make sure to sit up tall on your sit bones and to breathe :) Change sides and repeat. |
| 5 |  | Spinal mobility/cat/cow: sitting near the edge of your chair, inhale to arch the spine and lift the chest. Exhale to round the tail under and round the back toward the wall behind you. Practice several rounds and return to center. |
| 6 |  | Gentle seated twist: make sure to enter the twist slowly and with breath, keeping the tops of the shoulders releasing downward and the center of the top of the head lifting upward. |
| 7 |  | A little refresh for your day! With knees bent and legs/feet wider than hip distance apart, fold over your legs and release the weight of the head so the top of the head points toward the ground. Feel the hip crease deepening back and release the upper body. Relax and take several deep breaths, focusing on the exhale. (This is an inversion - not to be practiced if you have glaucoma, high blood pressure or if you are pregnant). |
| 8 |  | An easy breathing practice that will help you relax: elongate the exhale. Breathing in through the nose for 3, exhale through the mouth slowly for 6. |