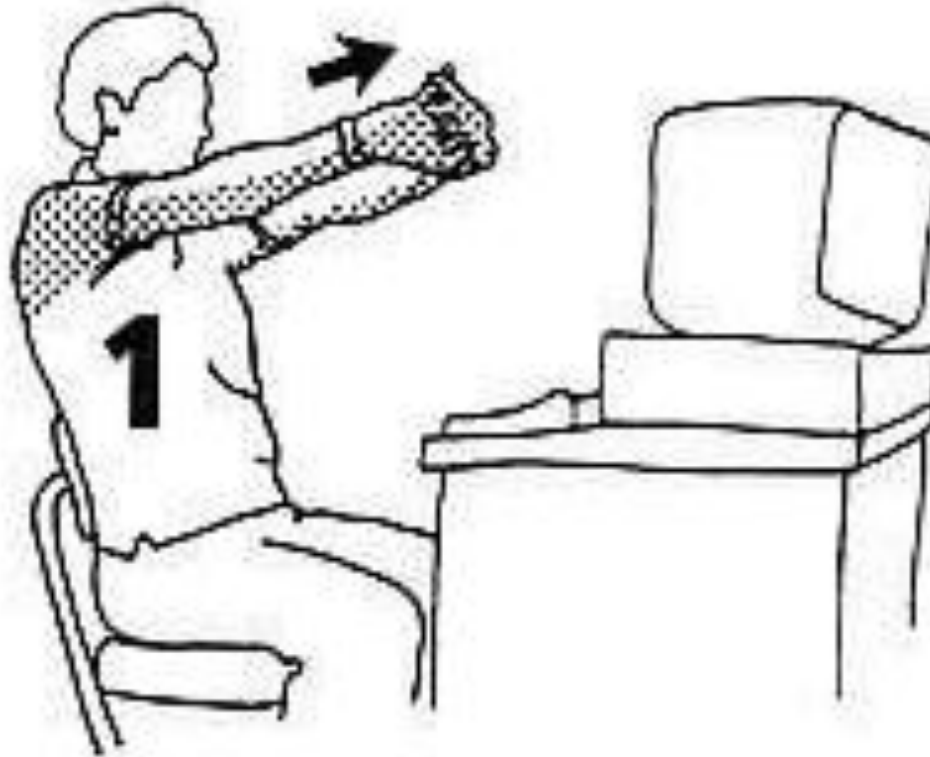


Office Yoga For Stress Release

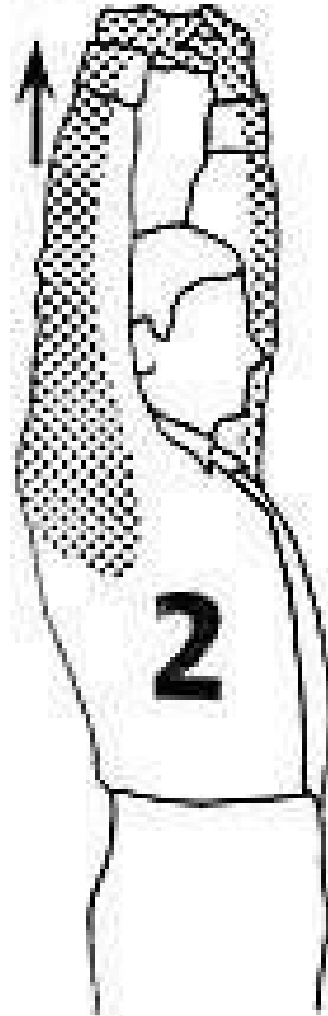
1



10–20 seconds
2 times

Office Yoga For Stress Release

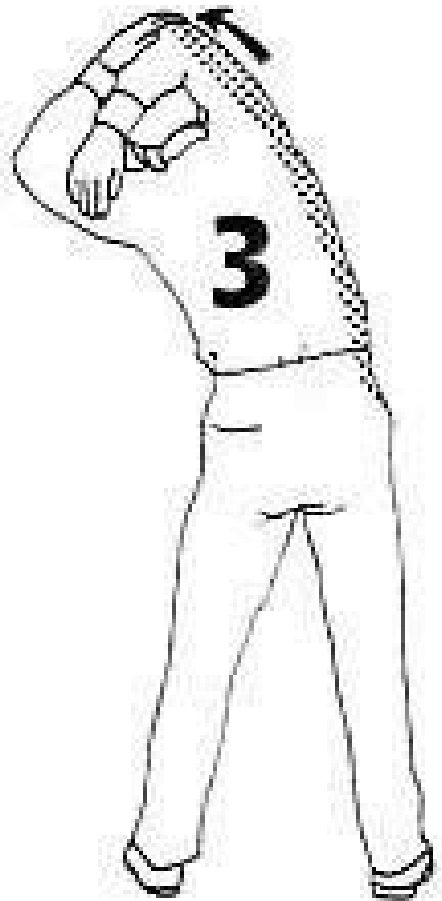
2



10-15 seconds

Office Yoga For Stress Release

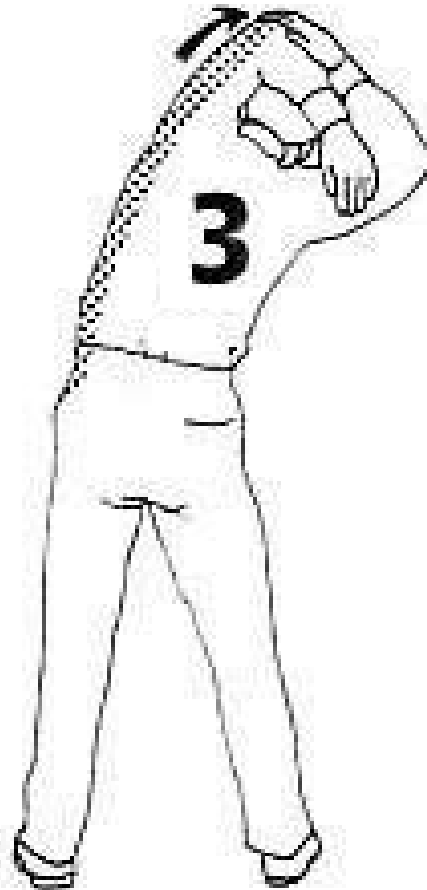
3-left side



8-10 seconds
each side

Office Yoga For Stress Release

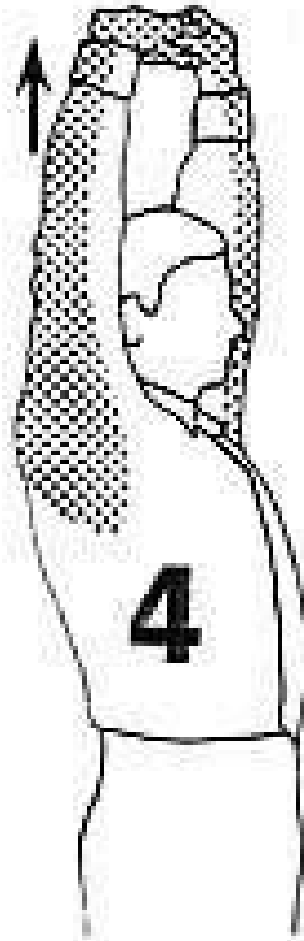
3-right side



8-10 seconds
each side

Office Yoga For Stress Release

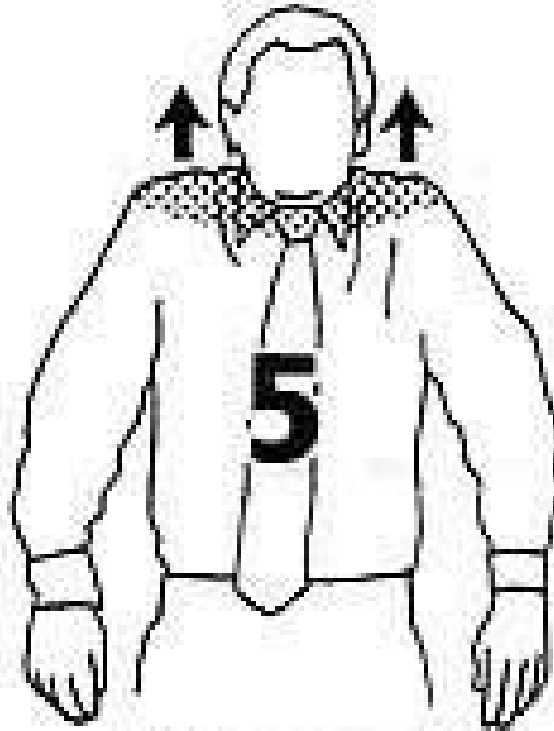
4



15-20 seconds

Office Yoga For Stress Release

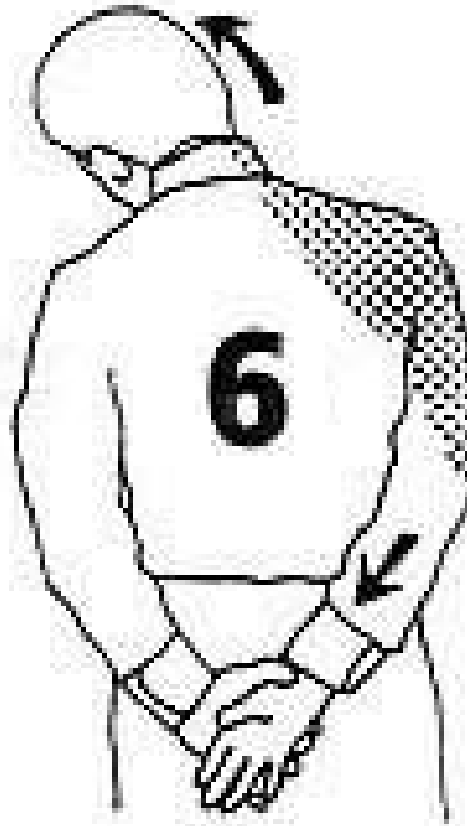
5



3-5 seconds
3 times

Office Yoga For Stress Release

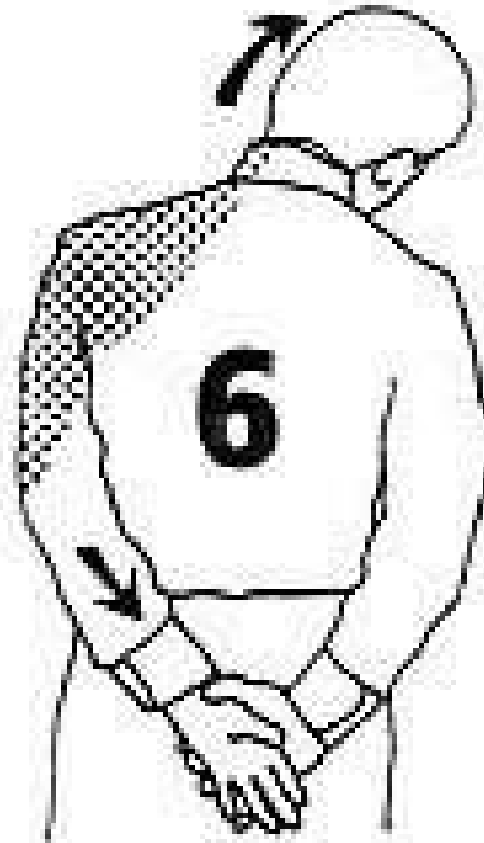
6-right arm
& hand



10–12 seconds
each arm

Office Yoga For Stress Release

6-left arm &
hand



10–12 seconds
each arm

Office Yoga For Stress Release

7



10 seconds

Office Yoga For Stress Release

8



10 seconds

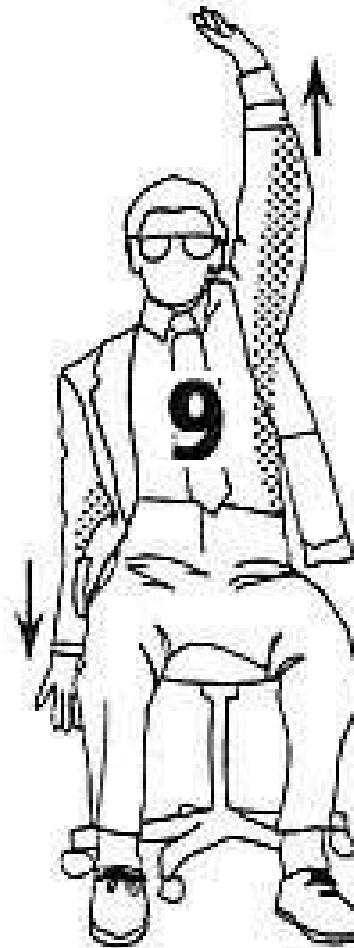
Office Yoga For Stress Release

9-right up &
left down



Office Yoga For Stress Release

9-right down
& left up



8–10 seconds
each side

Office Yoga For Stress Release

10-left arm
& leg



8-10 seconds
each side

Office Yoga For Stress Release

10-right arm
& leg



8-10 seconds
each side

Office Yoga For Stress Release

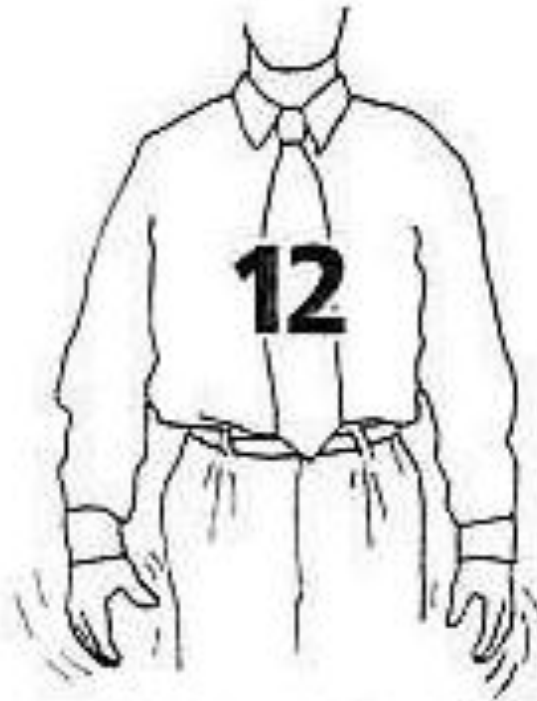
11



10–15 seconds
2 times

Office Yoga For Stress Release

12



Shake out hands
8-10 seconds