

DESK YOGA

FOCUS: SHOULDERS, BACK & NECK

INHALE
to arch
back...



EXHALE
to round
spine...



SEATED SPINAL TWIST



move
Shoulders
down!



INTERLACE
FINGERS
&
ARCH
BACK



SIDE
STRETCHES



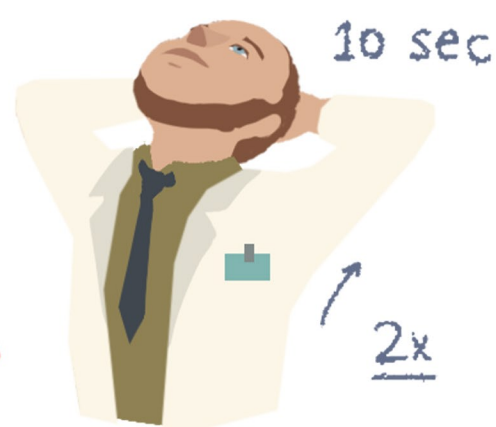
UPPER
BACK
STRETCH



NECK + UPPER BACK STRETCH

Interlace fingers & push head down

Slowly Transition
to arched back

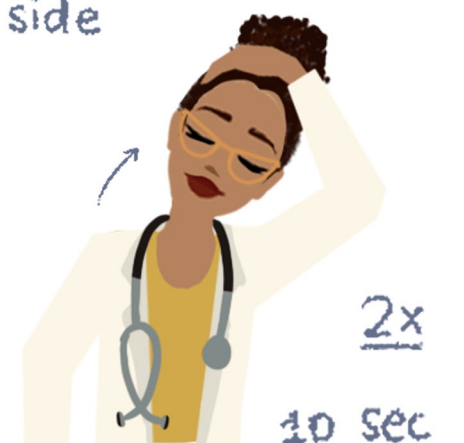


BACK &
SHOULDER
STRETCH



NECK STRETCH

Gently pull head
to each side



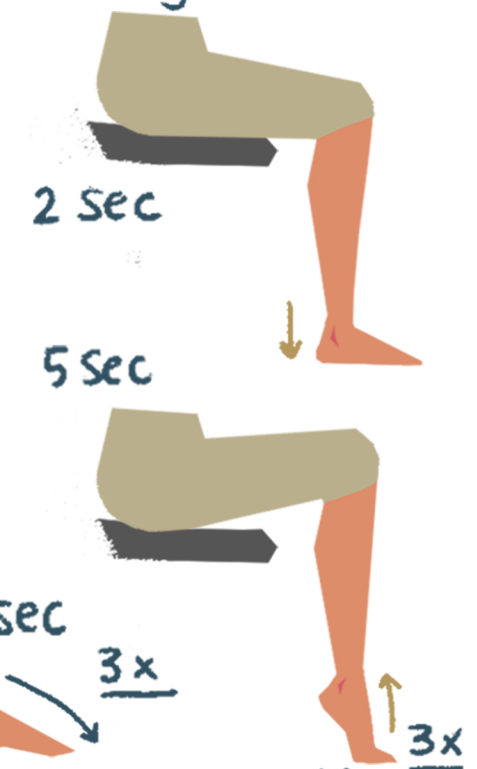
DESK YOGA

FOCUS: LOWER BACK, HIPS & LEGS

FLEX & POINT TOES

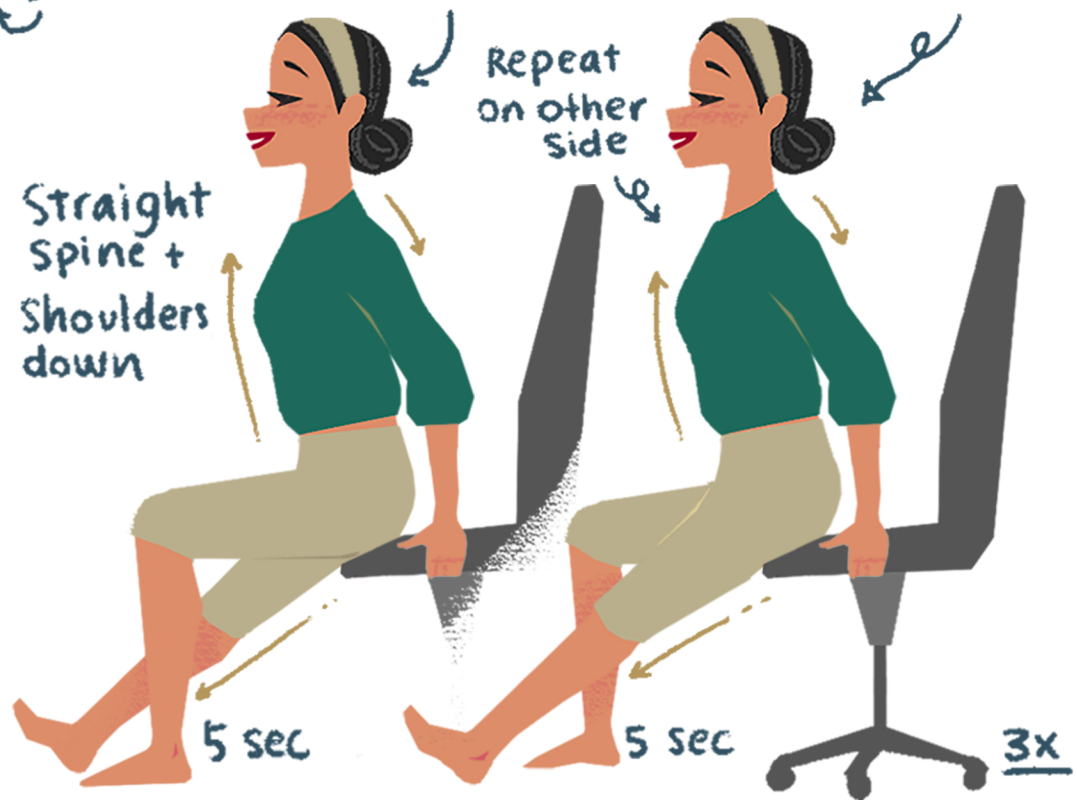


TIPPY TOES STRETCH
Helps improving circulation



Bend one KNEE & FLEX other Leg

CALVES STRETCHES



SEATED PIGEON - FIGURE ④

- SIT STRAIGHT
- lay left ankle on right knee
- hold for 3 DEEP Breaths



FOR a DEEPER stretch lean forward



Relax Shoulders

SEATED SPINAL TWIST

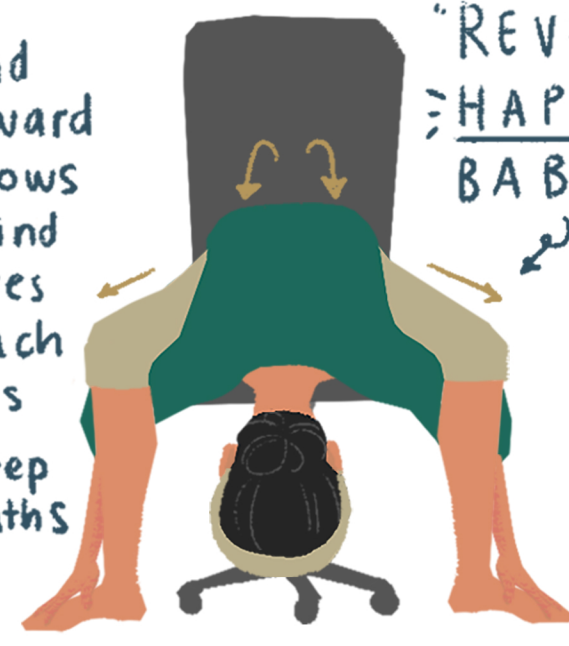


HAMSTRINGS + SHOULDERS + BACK!



- Bend forward
- Elbows behind calves
- Reach toes
- 3 Deep Breaths

"REVERSE" HAPPY BABY



SEATED FORWARD BEND

