

Yoga at Your Desk



Cat/cow spinal stretch. Inhale roll up, slight arch, exhale round down. Repeat 5 - 10 times



Hands slightly back on the chair. Inhale tall spine, slight arch, lift the chest. Gaze forward or up. A few breaths here.



Reach your arms out, inhale up, interlace the fingers, press up. Keep bottom ribs soft. Repeat, change the interlace of the fingers.



Rest one hand on the chair seat, outstretch other arm. Inhale up, palm facing down, side bend, reaching. A few breaths here. Exhale the arm down. Change sides. 3X each side.



Inhale both arms up, palms together. Keep feet planted. Side bend, breathe into side body. Inhale back to center, exhale arms down. Second side.



Inhale arm up, place hand just above ear. Gently draw the opposite ear toward shoulder. Keep hand on the chair, shoulder soft. Gentle stretch, thru neck. Gaze slightly up and back to center.



Arms to shoulder height, stack elbows. Hold opposite shoulder or intertwine arms. Broaden shoulder blades. Second side.



Reach arm up, bend elbow, palm to back of neck or toward shoulder blades. Second arm behind back, palm out. Reach hands toward each other or clasp. Lengthen thru spine.



Place hands just above the knees, soften shoulders. Eyes closed or low. Notice your breathing.



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Inhale arms up, reach toward ceiling, exhale arms down. 3 - 5 X



Inhale, exhale fold over the legs, soft the neck. Feel breath in the back body.



Place one hand down. Inhale opposite arm up. Look to the side or soft gaze up. Repeat 3X. Switch sides.



Both arms down, rest belly on the legs, neck soft. Watch the breath in back body. Gently roll up.



Cross one ankle over opposite knee. Lightly flex foot. Let the top knee release toward the floor, softening hip. Do not force, knee may be high.



Breathe as though you could breath into your hips. For a deeper stretch in the hip, fold down toward the leg, hands on shin. Second side.



Sit upright, tall in the spine. Inhale, on the exhale turn to one side. hand on the chair back or seat. Long on inhale, release into twist on exhale. Second side. Repeat



Sit tall, near edge of chair. Stretch leg out in front, support behind the leg. Press out thru foot, circle ankle, point and flex foot.



Place hands just above the knees, soften shoulders. Eyes closed or low. Notice your breathing.



Standing with feet parallel, hip width apart. Arms out to a 'T', turn palms forward. Bend the knees, lowering hips, while inhaling arms up. Gaze forward or slightly up. Repeat 3X



Step feet wide, turn one foot out 90 degrees. Arms to a 'T', palms open. Reach forward, soften hip crease. Hand to the chair. Ground back foot, reach thru back arm to come up. Change sides.



Ground thru both feet. Turn one leg out. Toes on the floor, heel at ankle or foot on leg, above or below knee. Hands down or at the heart. Soft gaze



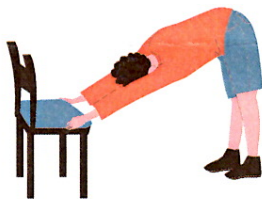
Hold onto chair. Lift one leg up, hold ankle or foot. Press foot into hand, lifting the leg, stretching thru thigh. Heel up toward hip. No pain in the knee.



Stand in front of chair, step one foot back, heel lifted, leg straight, front knee bent. Keep shoulders soft. Step forward, switch sides.



Stand in front of chair, step one foot back, heel lifted or to the floor, leg straight. Straighten front knee any amount. Fold forward, keep back neutral, gaze down. Step forward, switch sides.



Stand in front of chair, fold from hips, hands to chair. Step feet back, right under hips. knees bent or straight. Lengthen spine, head between arms, reaching hands away from hips.



Fold from the hips, hands on chair back. Hips over feet. Ground thru both feet, lift one leg, reaching back thru heel, leg hip height or lower. look forward or toward floor, head between arms.



Sit near chair edge, feet firmly planted. Palms on legs or in lap. Ground thru sitting bones, spine rising. Shoulders soft. Notice breathing.