

Desktop Yoga

Yoga means union. It is practice that focuses on the mind-body connection.



The Basics:

- Breathe deeply as you move. As you inhale, pretend your stomach is a “balloon” that you fill up with air. As you exhale, release the air from the “balloon”.
- Take time to become aware of your movements.
- If there is a particularly tense area in your body, breath fully and release the tension.
- Remember, this is your practice and you should go at your own pace.
- 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 that you feel if you sit on your hands.

Week 1

Forward Fold

Take a deep breath, inhale and reach for the ceiling. Exhale and bend at your waste. Allow your chest to rest in your lap and your hands to fall forward. Repeat and be aware of the



Seated Cobra

Inhale deeply and place your hands on the desk in front of you. Gently look up, flatten your back, and open your chest. Exhale and curl each vertebra into a Cat Stretch.

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Week 2

Cat Stretch

Inhale deeply and as you exhale - fully allow your head and neck to rest into your chest. Round your back and relax. This is great for flexibility in your back.



Wind Reliever

Inhale and sit up straight. As you breath in pull your knee into your chest. Exhale and release your leg. Repeat on the other side.

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Week 3

Side Twist

Place your left hand on the desk and your right hand on the back of your chair and inhale. Open up your chest by twisting into your right shoulder and exhaling. Twist back to the center and inhale. Repeat on the other side.



Ear to Shoulder

Sit up straight and gently allow your ear to drop onto your shoulder. Exhale as you release your head downward and inhale to bring your head and neck back in alignment. Repeat on the

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Week 4

Neck Flex

Clasp your fingers behind your head. Allow your head to rest in your hands and feel your chest open up. Inhale and slowly rotate your shoulders and arms as you turn and look to your right. Exhale and turn left. Keep your pelvis forward and exhale as you move.



Shoulder Shrug

Feel like the weight of the world is on your shoulders? Take a deep breath and bring your shoulders to your ears, tense and release as you exhale slowly.

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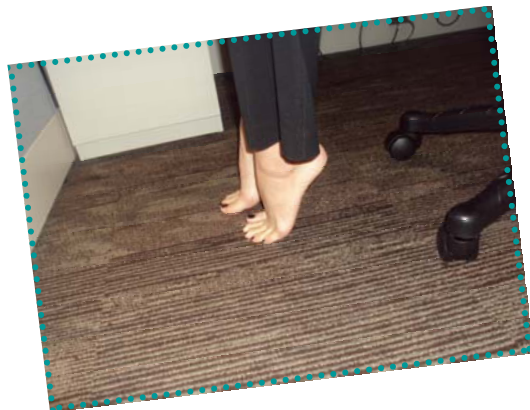
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Week 5

Hand Rub

Give yourself a hand rub.
Gently pull each finger and knead the palm as you breath deeply.



Heel Lifts

Inhale and lift you heels off the floor. Exhale and lower your heels. Pay attention to your calves as they tighten and release.

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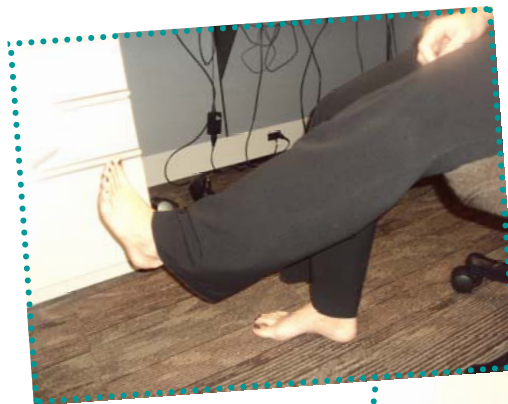
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Week 6

Foot Rolls

Lift your leg and roll your foot slowly one way, then the opposite way, Repeat with the opposite leg.



Palming

Rub your hands together rapidly to generate heat. Place your face in your hands and Relax!