

Yoga

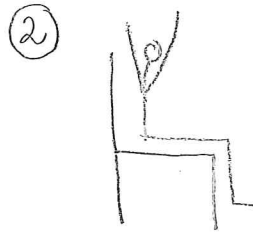
at
your

Desk!

by Ginny
Gurke

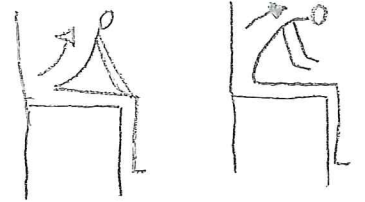
① Shoulder Rolls

- Forward & Down
- Up & Back & Down
- Try and draw your shoulder blades together



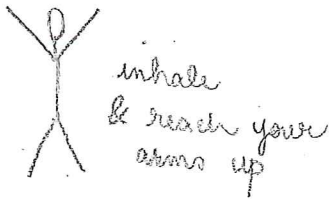
inhale arms up!

③

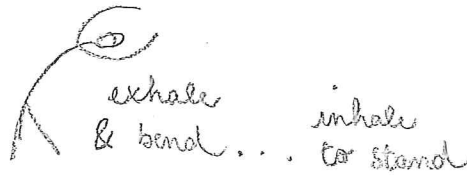


seated
cat and cow

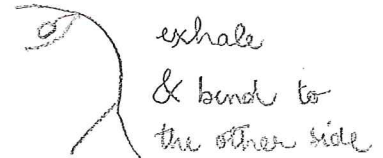
④ Standing or Seated Side Bends



inhale
& reach your
arms up

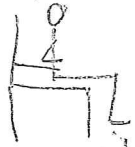


exhale
& bend...
inhale
to stand



exhale
& bend to
the other side

⑤ Seated Twist



inhale, sit up straight,
exhale to-twist, use your
arms

💡 Keep your feet firm on the ground!

⑥ Neck Stretch

... seated or standing



Bring your
neck from
ear to shoulder

⑦ Wrist Stretches



Fingers pointed
up!



Fingers pointed
down!

⑧ Figure 4 leg Stretch



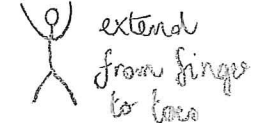
Put your ankle
on top of your
opposite knee.
Change legs after
20 seconds.

⑨ Spine Stretch



bind over with
a flat block

or



extend
from fingers
to toes

⑩ Point & Flex Feet



💡 Add ankles
for further
stretching!

Tip!



To get even more relaxation in,
focus on taking deep breaths while
moving and close your eyes to feel
your body resting.