Yoga at your Desk!

1. **Shoulder Rolls**
   - Forward & Down
   - Up & Back & Down
   - Try and draw your shoulder blades together

2. **Inhale arms up!**
3. **Exhale cat and cow**

4. **Standing or Seated Side Bends**
   - Inhale & reach your arms up
   - Exhale & bend...
   - Inhale & stand
   - Exhale & bend to the other side

5. **Seated Twist**
   - Inhale, sit upright,
   - Exhale to twist, use your arms...
   - Keep your seat spin 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 30 seconds.

9. **Spine Stretch**
   - Bend over with a flat back
   - 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 breath while moving and close your eyes to feel your body resting.