

# Yoga at your Desk



Most people sit at a desk eight or more hours per day. To keep the body and mind balanced take a break and move the body once an hour. Research shows that taking regular hourly breaks throughout the day can help prevent repetitive stress injuries. The following are some stretches you can do at your desk:

**1.Low-back Release:** Stand behind your chair and place the backrest of your chair at waist level. Fold the spine over the backrest of the chair. Rest your forearms on the seat of your chair and just hang there for multiple deep breaths.

**2.Mid-back twist:** Sitting on the side of your chair with upright posture, twist your spine allowing your spine to grow taller as you twist. To increase the intensity hold on to the backrest of the chair and increase your rotation with each exhale.

**3.Basic Neck Stretch:** Sitting in your chair use your arms to assist in stretching your neck in flexion (looking down), sidebending (ear to your shoulder) and rotation.

**4.Hamstring and torso stretch:** Stand behind your chair with your hands placed on the top of the backrest. Step as far away from the chair that you can hinging from your hips. open your chest and reach your buttocks back behind you. Hold and go deeper into the stretch with each exhale.

**5.Chest Opener:** Holding a yoga strap or theraband reach your arms out in front of you with your hands a little wider than shoulder distance apart. Reach your arms up and over your head and then behind you without bending your elbows. When you get to the point that you feel an intense stretch in your pec muscles (chest), hold that stretch and breathe into it. Do not let your spine arch when performing this exercise.