



**Safety First:** To perform these poses use a sturdy, four-legged, stationary chair. Poses should not be performed using a chair with rollers or wheels, or with a flexible pedestal base. Listen to your body and do not stretch to the point of pain. Yoga at Your Desk activities are specifically designed to be performed in your regular clothing. See additional notice on reverse side.



### 1. Mountain Pose

*Reduces stress in head, neck and shoulders*

- Sit tall, interlace fingers with palms turned away and extend arms forward
- Raise arms until palms face the ceiling
- Relax shoulders away from ears
- Stretch and feel yourself growing taller
- Add to this posture by gently bending side-to-side from waist, continuing to lengthen through the arms



### 2. Twist

*Stretches spine, abs and obliques*

- Sit tall, place palms on arm (or seat) of chair to right of hips
- Rotate from torso, turning your belly, ribs, chest, and shoulders to right
- Move left shoulder forward, right shoulder back and expand chest fully
- If comfortable, turn head last with chin toward right shoulder
- Repeat on other side



### 3. Eagle Arms

*Strengthens triceps, shoulders and back*

- Sit tall, place arms at 90 degree angle
- Cross arms so right is over left and twist arms closely together
- Cross at wrists so palms touch, or to back off a bit – backs of hands will touch
- Lift your elbows away from chest, and relax shoulders away from ears.

**Eagle Legs:** Cross legs and interlock with one foot behind other



### 4. Thread the Needle

*Stretches hip rotators and outer thighs, and relieves tension in lower back*

- Sit tall, cross right leg over left thigh (just above knee)
- “Thread the Needle” by clasping hands around left leg (just under knee)
- Repeat on other side



## 5. Neck Stretch

*Stretches and relaxes neck, head and face – and relieves mental tension*

- Sit tall, keep chin level as you lengthen neck
- Slowly drop right ear toward right shoulder, keep shoulder stationary, and notice stretch along left side of neck
- To stretch deeper, place right hand on top of head and press gently to right
- Repeat stretch on other side



## 6. Lunge

*Stretches hamstrings, strengthens glutes and hip flexor muscle group*

- Stand, face chair, place left foot on chair and position hands on left leg for stability
- Place right foot back
- Sink through hips to relax into lunge
- Do not allow left knee to go past left big toe
- Repeat on other side



## 7. Lotus Preparation

*Reduces stress of sitting at desk – Lotus is the traditional pose for yoga meditation*

- Sit tall, rest backs of hands on thighs (or chair arms) with palms up and thumbs touching first finger on each hand
- Breathe deeply, slow your thoughts and calm your mind
- Practice crossing one leg then the other to build up to Lotus pose (both legs crossed)



## 8. Restorative Pose

*Reduces stress in facial muscles and helps prevent fatigue*

- Before returning to work, give yourself a few moments to relax
- Simply cross your arms and place them on the desk in front of you
- Rest your head on your crossed arms
- Take 3 long breaths in and out through your nose, releasing tension with each exhale

These exercises are intended for healthy adults capable of safely performing the exercises demonstrated herein. Not all exercises may be appropriate for your current level of fitness. You understand there may be health risks associated with activities requiring physical exertion; as such, perform these exercises at your own risk. Consult your physician before starting any exercise program.