

## YOGA DESK WORKOUT

### Neck Rolls

1. Remove your shoes. Close your eyes.
2. Let your chin drop down to your chest.
3. Begin to circle your neck slowly, taking the right ear to the right shoulder, the head back, and then the left ear to the left shoulder.
4. Try to keep the shoulders relaxed and not to hurry through areas of tightness.
5. Take 3-5 rolls and then switch directions and take another 3-5 rolls.



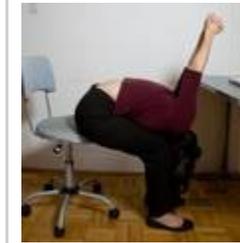
### Cat/cow

1. Bring both feet flat on the floor.
2. Bring your hands onto your knees.
3. On an inhale, arch the back and look up toward the ceiling.
4. On the exhale, round the spine and let your head drop forward.
5. Repeat for 3-5 breaths.



### Seated Forward Bend

1. Push your chair back from your desk.
2. Bring both feet flat on the floor.
3. Interlace your fingers behind your back.
4. Straighten your arms, drawing the interlaced fingers down.
5. Fold at the waist, bringing your interlaced hands over your back.
6. Rest your chest on your thighs and release your neck.



### Eagle Arms

1. Take your arms out to either side, parallel to the floor.
2. Bring the arms forward, crossing the right arm over the left and bringing the palms to touch.
3. Lift the elbows while keeping the shoulders sliding down your back.
4. Repeat with the left arm over the right.



### Seated Spiral Twist

1. Turn so you are sitting sideways in your chair.
2. Bring both feet flat on the floor.
3. Twist towards the back of the chair, holding the back with both hands.
4. Turn the chair the other way and repeat.



### Wrist Stretch

1. Stand up.
2. Turn your hands so that the wrists face your computer and the fingers face the edge of the desk.
3. Lean in to the wrists and flatten your palms as much as possible.
4. Back off if you feel pain.

