

YOGA AT YOUR DESK

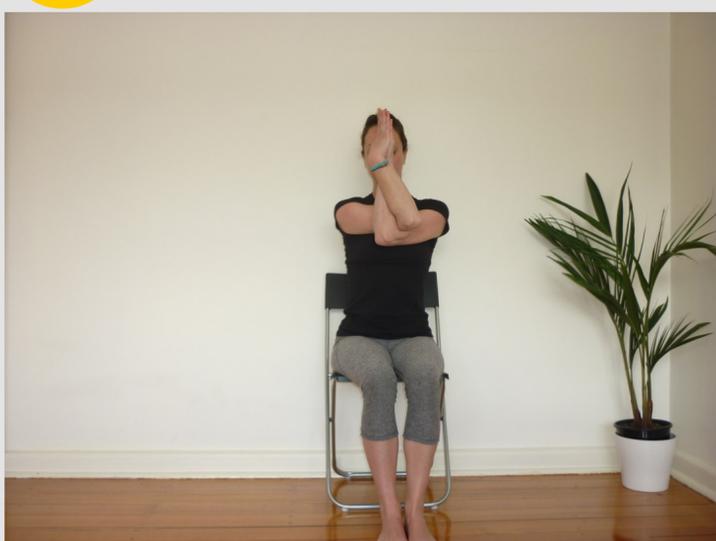
EASY STRETCHES TO RELEASE TENSION IN THE BODY

1 Cat Cow Pose



Throughout this sequence, breathe mindfully through the nose. As you inhale, look up and back, curve the spine. As you exhale, round the spine and neck. Feel that gentle stretch in the neck and upper back. Repeat 3 times. This relaxes the neck and back, and helps you feel more centered.

2 Eagle Pose



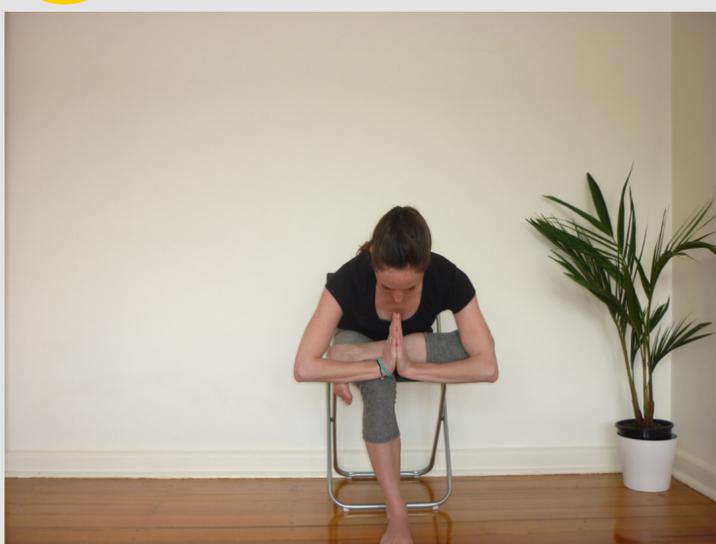
As you inhale, swing your left arm under your right arm. Interlace your wrists and bring your palms together. As you exhale, push your arms down, keeping your hands together. This relaxes the shoulders and creates space between the shoulder blades.

3 Side Stretch



As you inhale, lift your left arm up, as if you wanted to touch the ceiling. As you exhale, stretch the left side of the body from the waist, bending towards the right. Look up towards your hand to deepen the stretch. This stretches the trunk, relaxes the upper body and creates more space for breathing.

4 Ankle to Knee Pose



Inhale and bring your left ankle just above your right knee. Take 3 deep breaths here and feel your left hip opening. For a deeper stretch, lean forward slowly and continue breathing through the hip. This opens the hips, releases blocks and tension, and stimulates blood flow to the lower body.

5 Hamstring Stretch



As you inhale, bring your right foot on to the chair. Keep the left heel on the floor for optimised stretch. As you exhale, bend the right leg, keeping your knee above your ankle. Breathe in and out enjoying the lengthening of your hamstrings. This stretches the hamstrings and helps you develop balance.

6 Half Dog Pose



Stand behind the chair and place your hands on the backrest. As you inhale, bend forward from the hips and walk the feet back, keeping your arms straight. Don't arch the lower back and keep the tailbone neutral. To deepen the stretch, turn the chair around and use the seat for balance. This opens up the entire backside of the body.

Tip: You can practise as a sequence or only do stretches to work on certain areas of your body.



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