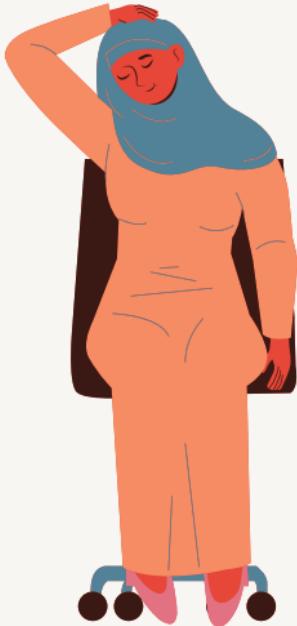


10-minute desk yoga routine



Neck stretch

After three full breaths in an easy seated position with your eyes closed to help you get present, take the right arm over the top of the head and gently pull the head down so the ear moves towards the right shoulder. Try to keep both shoulders relaxed and level. Hold it for roughly 3 rounds of breath and then repeat on the other side.

Side stretch

Lift the right arm above the head on an inhale, then reach it over towards your left on the exhale.

Keep both seat bones on the chair as you're doing this. After holding it for 3 rounds of breath, repeat on the other side.





Lift arms

On your next inhale, lift both arms above the head, feeling yourself lengthen through your waist/sides of your body.

As you exhale...

Twist

... Bring your left hand to your right knee and gaze over your right shoulder into a twist. Let your right arm rest over the back of the chair/behind you. For 3 rounds of breath, on each inhale lengthen through your spine and on each exhale twist slightly deeper, using your core to do so. Inhale and lift your arms back to centre above you, and repeat on the other side.





Glutes stretch

If your knees feel comfortable doing so, lift the right leg up so the ankle crosses over the left knee. Keep your right foot flexed. Inhale as you lengthen your spine and exhale as you slowly fold forwards over the lap to deepen the stretch. Hold it for 3 rounds of breath and then repeat on the other side.

Forward fold

Separate your legs so there is space in between them. Inhale as you lift both arms above the head and exhale as you fold forwards into the space between your legs. Extend the arms down to the floor and let the head and neck hang down.

Hold for 3 rounds of breath.

Finish your yoga routine in an easy seated position with eyes closed and take 3 full breaths, before slowly bringing your awareness back to your surroundings.

