



## Yoga Moves at your Desk

### Neck release

Place your feet (no shoes) firmly on the ground and bend your knees at a 90 degree angle. Sit up tall creating space from belly button to sternum, arms alongside the body. Gently bring chin to chest and roll right ear to right shoulder, feeling a nice stretch through the left side of the neck. Take a full and complete breath, coming back to centre on your next exhale, then roll to the opposite side. Repeat three on each side.

### Side stretch

Stand tall with your feet hip width apart then reach your arms overhead and gently hold on to your left wrist with your right hand. Take an inhale breathing into the crown of your head, pointing left fingers towards the sky. On your exhale slightly bend over to the right, then back to centre on inhale. Repeat each side three times.

### Chest opener

Stand up with your feet hip width apart and interlink your hands behind your back. Try to create as much space in between your elbows and lift your hands away from your lower back staying here for 3 full and complete breaths. Then repeat with palms together, still pulling elbows away from one another. Gently tuck chin into chest and point your first fingers towards the floor behind you.

### Lower back release

In the same starting position as above, take a deep breath and exhale slowly forward, bending at the knees and bringing your belly to rest on the top of your thighs with your arms overhead. Take another inhale, feeling the belly press against your thighs, then slowly release your hands down to the earth on an exhale. Gently shake the head 'no', and nod the head 'yes' to release any tension around the neck and shoulders.

### Roll up

From this position, spread your weight into all 4 corners of your feet, bend your knees, push down through the legs and feet as you slowly roll up to stand. Imagine there is a thread at the back of your heart slowly lifting you up so hips stack over heels, shoulders over hips and eventually lift your head on to your shoulders.