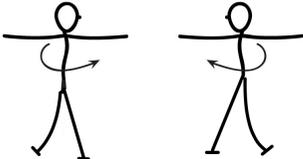
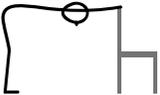
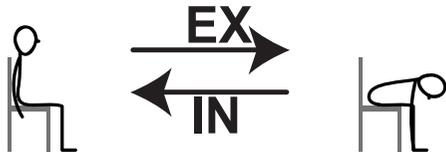


Workday Yoga Breaks

Do this short set of exercises all together or one at a time during the workday to bring circulation to the body and brain - to release muscle tension, aid digestion, shed the effects of stress and calm/refocus the mind. (Note: wait two hours after eating to do these exercises.)

1		INSTRUCTIONS FOR POSE	RATIONALE FOR POSE; NUMBER OF REPETITIONS/BREATH (BR = Breath; IN = Inhale; EX = Exhale)
2		Feet hip-width apart. Swing arms freely as you twist. Lift R heel as you twist L and vice versa. Relax and breathe.	Mobilize ribcage to increase respiration, circulation. Ease tension in back, neck, shoulders. Twist 20x or so
3		Place hands on desk. Step one foot back, keep front leg in 90 deg. lunge. Lean torso forward enough to take compression out of low back. OR Sit sideways on chair with one thigh on chair seat, other leg extended straight back. Hold back of chair with inside arm; other arm on front leg. Keep torso forward enough to take compression out of low back.	Stretch hip flexors after sitting at work. Stay for 6-8 slow, deep BR. Draw navel toward spine on EX. Switch sides.
4		Place hands on desk top or chair. Step feet back until spine is elongated, knees slightly bent. Keep low back neutral - don't overarch. Stretch sides of body, armpits. Keep head in line with spine.	To stretch spine and gently activate adrenal glands to release tension. Stay for 6-8 long, smooth BR.
5		Exhale and slide hands down legs. Let low back stretch. Drop chin to point of comfort. Inhale and lift head, then chest and come back to upright position.	To stretch low back, release tension in spine, back of neck, head. To encourage relaxation response. Repeat 6x slowly; then stay in forward bend up to 6 smooth BR. Let back of neck relax; soften spinal muscles.