



Pose #2: Side Stretches

Carrying out this pose is something that our bodies often have the sense to do naturally. Sitting for long periods of time focused on a task, we often feel the urge to reach up and stretch out our backs, chest and shoulders. Our bodies are telling us we need to lengthen and open up. This stretch focuses on just that, while also lengthening our left and right sides.

Similar to pose #1, you will begin by sitting up straight at your desk, feet flat on the floor approximately hip distance apart. Inhale and lift your arms overhead, taking hold of your left wrist with your right hand. As you exhale, bend gently to the right. Stay there for three breaths. With the exhale of each breath, try to sink slightly deeper into the stretch. Following the right side, come back up to vertical and change wrists. Exhale, and bend to the left. Stay there for three breaths again. Repeat the same on the left side by again, sinking deeper into the stretch with each exhale. Inhale back up to a tall spine. Exhale, and release your arms. Use photo below as a guide for this posture.

