



## Desk Yoga Series

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### Pose #3: The High Backbend

Our shoulders are not meant to be worn as earrings yet we tend to hunch while working at the desk – often without noticing. This exercise will help loosen up your neck and shoulders and prevent them from creeping up and causing strain. It is also a great chest stretch.

As with the first two poses, begin again by sitting straight up, shoulders back with your feet flat on the floor, hip distance apart. Circle your shoulders a few times, sensuously rolling them up, back and down. On the fourth roll, interlace your fingers behind your back with your arms as straight as you are able to make them. If you do not have room behind you, reach back and hold onto the outside edges of the back of your chair. Upon exhaling, lift your chest, making a high backbend. Open up your chest and enjoy the stretch. Stay here and draw three full, rich breaths into your body. Use photo series below as a guide (including options) for this posture.



Figure 2



Figure 1: Hands interlaced behind your back



Figure 3: Hands holding on to the back of the chair