



# Desk Yoga Series Week 1

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## Introduction:

Yes, it is possible to perform yoga while at your desk! In fact, depending on your desk setup, clothing, and the level of comfort with your co-workers, you can do almost an entire yoga practice right there in your workspace. Note: if you are wearing high-heels, consider removing them prior to beginning, as your feet are best placed flat on the floor. Also, if you do have an adjustable chair, make sure you are seated at comfortable height, knees in line with hips.

Throughout this desk yoga series, you will be provided with six unique yoga poses that are achievable, even for a beginner to the practice of yoga. This will allow you to find your centre, stretch and de-stress without interrupting your productivity or cutting into your work schedule. It's convenient and easy to do, and also an effective way to reap the benefits of yoga on a tight time-line with limited resources. You may use these poses individually, or, upon completion of the series, use all 6 in a row for a complete desk yoga session.

## Pose #1: The Beginning Pose

To begin, sit on the edge of a chair with your feet placed squarely on the floor, about hip distance apart. Place your palms flat on your thighs, and feel length in your spine with head balanced over heart, heart balanced over hips. Inhale and exhale evenly for five counts each. Repeat as many times as you'd like. Use the photo below as a guide for this posture.

