



Desk Yoga Series Week 5

Pose #5: The Forward Bend - An Inversion

Following last week's "Seated Cat" pose, this stretch begins the same way but then goes even deeper, toward the floor into what is called an inversion. This is adapted from the standing forward bend. Note: you will want to push your desk back, away from your desk slightly, in order to give yourself the necessary room to carry out this pose.

To begin, make sure you are seated over top of your hips with your feet flat on the floor, approximately hip distance apart. Slowly fold forward, letting your upper body fall through your thighs. You may be able to reach the floor with your palms flat or if not, try to hold onto your ankles or shins. The idea is to let your head drop lower than your hips as this is an inversion. Be sure to keep breathing gently. You should feel a slight stretch throughout the backside of your thighs. Use the images below as a guide for this pose and modifications.



Figure 1: Hands flat on the floor



Figure 2: Hands at ankles



Figure 3: Hands at shins