

Day 7: Yoga and Tai Chi

Yoga involves a series of both moving and stationary poses, combined with deep breathing. In addition to reducing anxiety and stress, yoga can improve **flexibility, strength, balance,** and **stamina**. Practiced regularly, yoga can strengthen the **relaxation response** in your daily life.

Chair Yoga

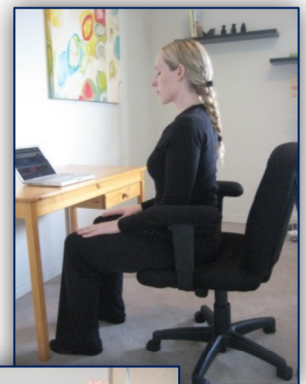
Yes, it is possible to perform yoga while sitting! In fact, depending on your setup, clothing, and level of comfort with your co-workers, you can do almost an entire yoga practice in your workspace.

Here are *three* unique yoga poses that are achievable, even for a beginner. This will allow you to find your centre, stretch and de-stress without interrupting your productivity.

Try them today!

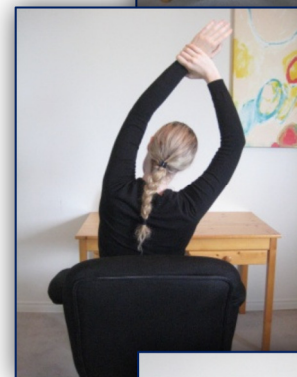
Pose 1: The Beginning Pose

- Sit on the edge of a chair. Sit up tall, feet flat on floor (hip width)
- Place your palms flat on your thighs. Feel length in your spine with head balanced over heart, heart balanced over hips.
- Inhale and exhale evenly for 5 counts each.
- Repeat as desired.



Pose 2: Side Stretch

- Sit on the edge of a chair. Sit up tall, feet flat on floor (hip width)
- Inhale and lift arms overhead. Take hold of your left wrist with your right hand. Exhale and bend gently to the right. Hold for 3 breaths.
- Come back to vertical and switch wrists. Exhale and bend gently to the left. Hold for 3 breaths.
- Exhale and release arms.



Pose 3: Seated Cat

- Sit on the edge of a chair. Sit up tall, feet flat on floor (hip width)
- Take a deep breath. Exhale, place hands on knees, and round your spine.
- Tuck your pelvis and pull your navel away from your knees.
- Breathe deeply. Let your head dangle to open the back of the neck.
- Continue to breathe slowly and allow yourself to feel the stretch.

