



Desk Yoga Series Week 4

Pose #4: The Twist

This pose serves as an excellent stretch for back, chest and neck. Be sure to move into this pose gently, to ensure each section of your upper body is adequately engaged in the posture.

Begin with the initial posture you have seen repeated throughout this series, sitting up straight, feet flat on the floor hip distance apart. You may also perform pose #4 as a continuation to last week's inversion pose, by inhaling and slowly rolling up. Find the length in your spine. As you exhale, twist to the right. You can place your left hand on the outside of your right thigh or alternatively, your right hand on the back of your chair. Keeping good posture in mind, check to make sure that your right armpit-chest area is lifted. Remember to include your head in the twist as well as to not cause any unwanted directional strain. As you look over your right shoulder, move your eyes to the upper right corner of your eyes and then the lower right corner. Repeat this eye exercise two times. Then close your eyes as you untwist back to center. Repeat to the other side. This pose is designed to take five minutes or less and you will find it to be quite revitalizing. Use the image provided below as a guide to help you carry out this pose.

