

THE 10 DAY MEDITATION CHALLENGE

DAY 7 – TAKE A YOGA BREAK

Stressed at work and need a release? The workplace may not seem like the ideal setting for a yoga practice, but it can be a great place to get started. Chair yoga makes it 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.

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.



YOGA DESK STRETCHES

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.

Pose 1: The Beginning Pose

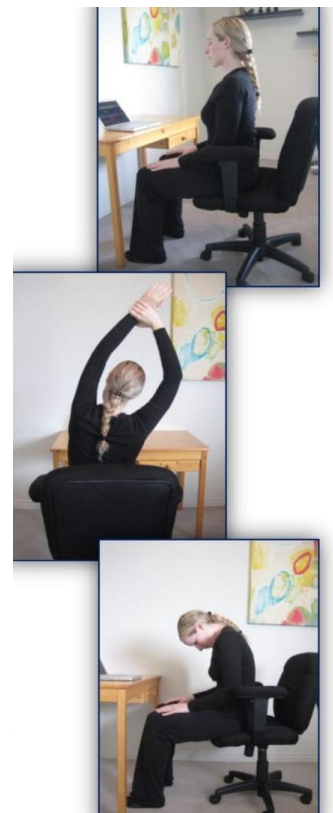
- Sit on the edge of a chair. Sit up tall with feet flat on floor hip-width apart.
- Place your palms flat on your thighs. Feel length in your spine with head balanced over heart, heart balanced over hips.
- Inhale and exhale evenly for 5 counts each.
- Repeat as desired.

Pose 2: Side Stretch

- Sit on the edge of a chair. Sit up tall with feet flat on floor hip-width apart.
- 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 with feet flat on floor hip-width apart.
- 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.



Source: <https://www.workandmoney.com/s/11-yoga-poses-you-can-do-at-your-desk-817027439e104424>