



## Take 5

Simple yoga poses you can do at your desk.

1. **Wake Up Breath:** To dispel afternoon brain fog or pre-meeting jitters, sit tall on the edge of your chair. Rest hands on thighs, palms facing up. Inhale, letting the breath come all the way into your belly. Exhale out, slightly contracting abdominal muscles to squeeze out all the air. Repeat 4-5 times, focusing on the rise and fall of your abdomen and chest with each in/out breath cycle.
2. **Cat Stretch:** Sit tall on the edge of a chair, hands on knees. Inhale, roll shoulders back and down, gaze up at the ceiling. Exhale and round over looking down at the floor. Repeat 3-5 times until to relieve tension in spine, chest and shoulders.
3. **Seated Pigeon Pose:** To open tight hips, sit tall on the edge of a chair with feet flat on the floor, ankles directly under knees. Cross right ankle over left knee. Stay here for 2-3 deep breaths. To go deeper, tip your chest slightly forward over the bent leg. Keep the spine long, not rounded. Hold for 5 breaths and repeat on the other side.
4. **Seated Spinal Twist:** Begin by sitting on the edge of your chair, as above. Cross right leg over left so the knees are stacked. Place left hand on right knee (the one on top) and slowly twist torso to the right. Grasp the chair back with your left hand for traction. Stay here for 3-5 breaths, slowly release and repeat on the other side. If you have knee issues, keep both feet flat on the floor as you twist.
5. **Standing Leg Stretch:** To re-lengthen the hamstrings, stand facing a chair with no casters. Turn the chair so that you have access to the chair back for support. Place one hand on the chair back and slide your opposite heel onto the chair seat. Slowly straighten the leg as much as you comfortably can. For a deeper stretch, hinge forward from the hip joint with a flat back. Stay for 2-3 breaths and then repeat on other leg.