

Yoga at Work.

Body and mind are connected.

Take this 15 minute pause during your work day to move, breath, and simply be. You'll work more productively, and, moreover, live more mindfully. Throughout these stretches, pay attention to what feels right for you. Let curiosity, patience, and compassion for your self guide your movement.



Chest Stretch

Lengthens muscles associated with breath, posture; assists with alertness.

- Stand with right side facing wall. Place the palm of hand on wall at shoulder height with elbow slightly bent, and thumb pointing up. Relax shoulders down back body, away from ears.
- Take a deep breath, and turn body away from the wall and maintain the rotation of your arm. Continue, linking breath and movement, rotating body until desired stretch is reached.
- Breathe deeply through stretch, deep, full, breaths. Focus on sensation of stretch.
- Feel free to adjust hand height to access desired stretch.
- Hold stretch for 5-10 deep breaths, or until body says "thank you." Switch to left side.



Back Body Stretch

Calming stretch, lengthens hamstrings, spine.

- Stand with feet hips distance. Bend knees slightly and begin folding torso over legs, lengthening away from hips.
- Inhale, and extend chest to lengthen spine; exhale, and gently melt body forward.
- Gently clasp arm of chair to pause at half way point of fold. Soften bend in knees, and lengthen through torso. Release into full fold if feels right for you.
- Soften shoulders away from ears; release forehead and jaw.
- Hold pose for 5-10 breaths. To release from pose, ground through soles of feet, engage core and walk hands up thighs. Take your time. Breathe deeply.



Hip Stretch

Opens hips, lengthens lower back.

- Sit in chair with both feet flat on floor; pick up right leg, and place right ankle on top of left thigh, just above kneecap. Allow right knee to fall to right side.
- Flex foot to protect knee joint; if comfortable, gently guide knee downward with right palm, while keeping left foot flexed, holding left ankle steady with left hand.
- Hold the pose for 10 deep breaths. Release, and switch sides.



Side Body Stretch

Lengthens muscles associated with breathing.

- Sit in chair with feet flat on floor. Take a deep breath, and lengthen spine; on exhalation let the shoulders fall away from ears; soften face, jaw, forehead.
- On next inhalation, lengthen spine upward, and on exhale, gently twist torso to the left side. You might clasp arm of chair with left hand,, taking right hand to outside of left knee.
- Use gentle pressure of hands to chair and knee to press spine upward, longer; ground downward to rise upward.
- On inhale, lengthen spine; on exhale, deepen twist.
- Hold for 5 to 10 breaths and release back to center. Repeat on the other side.



Shoulder Stretch

Eases shoulder and neck, and jaw tension.

- Stretch arms forward, parallel to the floor, and let shoulders release down your back body; Soften jaw, forehead.
- Cross arms in front of your torso, right arm above left; bend elbows.
- Snug right elbow into crook of left, wrapping forearms around each other, perpendicular to the floor; backs of hands face toward each other, to the degree that feels comfortable.
- Let shoulders soften away from ears. Relax jaw, forehead.
- Take 5-10 deep breaths.
- Release, rotate sides, building posture step by step.

Mindfulness at Work



10 Breaths Exercise

Decreases anxiety and stress, improves focus, and induces ease and calm.

- Find a comfortable seat. Plant both feet, shoes on or off, on floor, hips distance.
- Lengthening spine upward, let shoulders release down back.
- Begin to notice the breath. Begin to count breaths; take at least 10 deep breaths.
- Consciously begin to gently deepen breath, extending length of inhale, and exhale..
- Breath, if comfortable, from bottom of belly, to top of lungs; begin noticing physical sensations as they arise along the length of each breath, like gentle expansion and contraction of belly, ribs, and chest.
- Stay in meditation on breath for as long as feels right, and comfortable.