

GO-TO YOGA at Your DESK!

with Jessie, E-RYT
YOGASCENT
 heighten your practice



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① STANDING (OR SEATED) CAT-COW



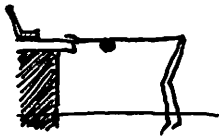
INHALE
ARCH ...



EXHALE
ROUND ...

Repeat for at least 10
FULL BREATH CYCLES

② DOWNWARD DOG @ DESKTOP (OR WALL)



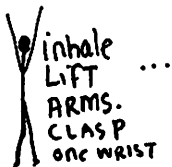
- Long, neutral spine
- Bend knees, feet hip width apart
- Arms shoulder width apart
- Full deep breaths, drawing navel to spine at the end of each exhale

... hold for 5-10
breath cycles

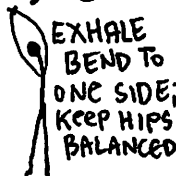
③ STANDING (OR SEATED) SIDE BENDING



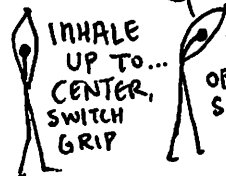
BEGIN
STANDING ...



inhale
LIFT
ARMS.
CLASP
one WRIST



EXHALE
BEND TO
ONE SIDE;
KEEP HIPS
BALANCED



INHALE
UP TO
CENTER,
SWITCH
GRIP



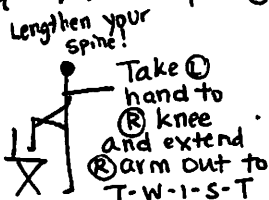
EXHALE
OPPOSITE
SIDE

REPEAT
5-10
TIMES ON
EACH SIDE

④ STANDING TWIST (USE YOUR DESK CHAIR)

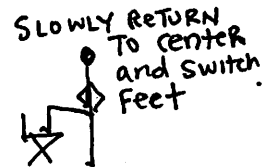


BEGIN WITH
② FOOT ON
CHAIR, ①
FOOT ON
FLOOR



Lengthen your
spine!
Take ①
hand to
② knee
and extend
② arm out to
T-W-I-S-T

REMAIN IN
THE TWIST,
INHALE TO
ELONGATE YOUR
SPINE
EXHALE TO DEEPEN
THE TWIST
10 DEEP BREATHS!



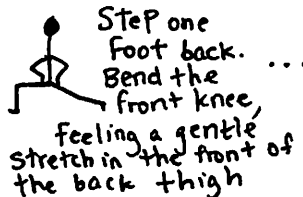
SLOWLY RETURN
TO center
and switch
feet

Repeat on
the 2nd
side for
10 breaths.

⑤ STANDING WARRIOR ONE



BEGIN
STAND-
ING,
FACING
YOUR
DESK



Step one
foot back.
Bend the
front knee,
feeling a gentle
stretch in the front of
the back thigh



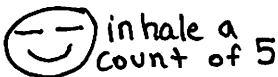
inhale,
reach arms
UP

Hold for 5-10
full deep
breaths

Repeat on
the other
side

⑥ BELLY BREATHING

- can be done ANY TIME! Even at a meeting!
- TURNS OFF the STRESS RESPONSE
- Alleviates Pain



inhale a
count of 5



EXHALE a
count of 7

allow your belly to
EXPAND and your breath to SLOW. ♡