

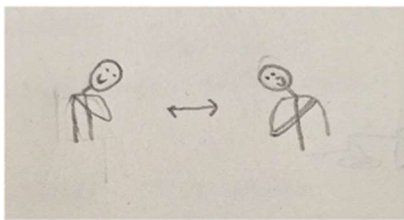
DESK YOGA –SESSION 2

1. CENTERING BREATH

Description

Sit up and place the hands with the palms facing up into your lap with the right on top of the left). Place gentle attention to your breath. Take a long, slow, gentle inhalation through your nose. Follow the inhalation with a long smooth gentle exhalation through your nose. Let your breath return to normal.

2. NECK STRETCH



Description

Sitting upright, slowly move the head forward moving the chin towards the chest. Slowly move the head to the right bringing the right ear close to the right shoulder (without raising the shoulders). Place the right hand on the left shoulder gently suggesting the shoulder and the skin and muscles around the neck to let go and relax. If appropriate slowly rock the head back and forth. Keep the awareness on the stretching sensation of the muscles in the sides of the neck and the breath. Repeat 3-5 times per side

3. WRIST BENDING



Description

Sitting upright stretch the arms at shoulder level, keep the chest and collarbones lifted, palms open and fingers straight. Inhale and bend the hands backward from the wrists as if pressing the palms against a wall with the fingers pointing toward the ceiling. Exhale and bend the hands forward from the wrists so that the fingers point toward the floor. Keep the elbows straight and focus on the stretch of the wrist joints and forearms and the breath. Repeat 10x

4. SEATED TWIST WITH HANDS ON SHOULDERS



Description

Sitting upright place the right hand on the top of the left shoulder and the left hand on the right. Breath in lengthening the spine, breath out rotate the spine to the right, initiating the twist from the pelvis and contracting the abdominals. Keep the chin above the chest and the head in line with the spine. Gently press the right shoulder back with the left hand and keep the right shoulder open with the right hand. Inhale to come back to neutral and repeat on the other side. Repeat 3-5x per side

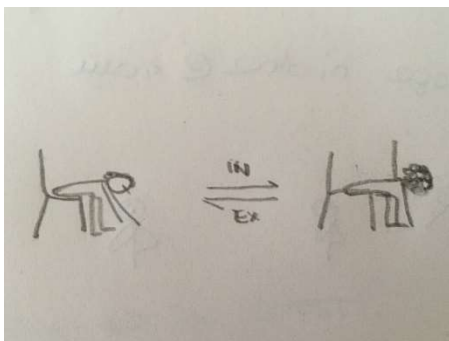
5. CHAIR RAISED ARMS POSE (Urdhva Hastasana)



Description

Sitting tall inhale lift both arms straight up toward the ceiling, lifting from the base of the spine but keeping the skin around the neck soft. Allow the shoulders to lift up to the ears and reach the hands further up. Exhale to release the arms down stretching the hands toward the floor. If it is appropriate incorporate the head movement to stretch the neck as well. Inhale lift the arms and look up at the ceiling and exhale reach the arms down and move the chin toward the chest. Repeat 3-5x with awareness on the stretch and the breath

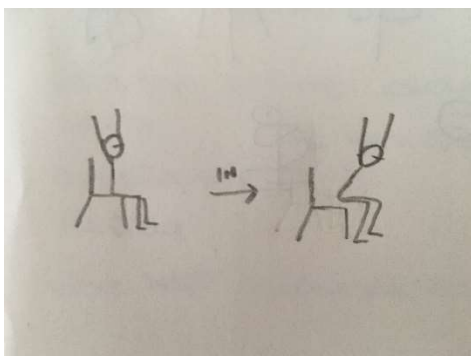
6. CHAIR EXTENDED SIDE ANGLE (Utthita parsvakonasana variation)



Description

To open the chest and shoulders. Forward bend flexing the spine from the hip joints down to the floor. Bring your fingertips to the outside of the right foot extending both sides of the trunk forward and to the right. Walk the fingertips to the centre and keeping the right fingertips on the floor (or on a book if they can't touch the floor), open the chest as you twist to the left on an inhale, bringing your left arm to the ceiling and keeping the gaze forward. This is your chair version of extended side angle pose. Hold here for several breaths. Bring the left arm down on an exhale. Repeat the same position with the left arm down and the right arm up.

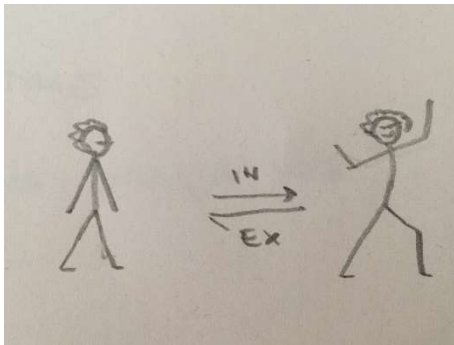
7. CHAIR POSE (Utkatasana)



Description

Sit upright with the feet hip distance apart. Inhale and pressing the feet down, lift the arms straight up and the buttocks off the chair. Do not overarch the lumbar and keep the tailbone moving down. Hold for 1 breath grounding through the feet and lifting through the chest and arms feeling the energy moving throughout the whole body. Exhale and sit back. Repeat 3-5x

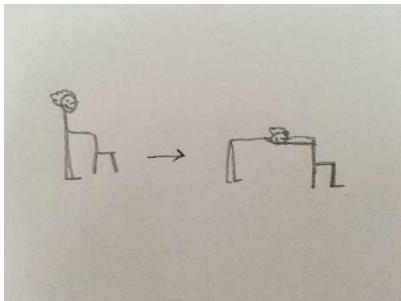
8. WARRIOR I Variation



Description

Stand with feet hip distance apart and step the left foot back 1-2 feet apart keeping the feet parallel. Inhale and bend the right leg opening the arms in a cactus shape (with elbows bent at shoulder height) to open, mobilise and stretch the upper back, chest and ribcage. Straighten and bend the leg a few times moving the arms in coordination with the breath. Repeat on the other side.

9. HALF FORWARD BEND (Ardha uttanasana)



Description

From a standing position close to your desk or table or top of a chair place the hands next to the waist and keeping the width press the palms onto the desk or chair and walk the feet back until the spine is parallel to the floor. Gaze forward in between the arms to stretch and elongate the spine. Keep the tailbone moving down, the navel lifting to the spine and the big toe mountains of the feet pressing down.

10. SEATED MEDITATION with JNANA (wisdom) MUDRA

Description

Sit up and place the hands onto the knees. Join the tips of the index fingers to the tips of the thumbs with the palms facing down. Keep the spine long and the chest lifted. Gaze forward and then close the eyes. Breathe through the nostrils. Notice how the breath and the energy are directed into the upper chest and lungs, the neck and the head and bringing awareness and clarity.