

## DESK YOGA –SESSION 3

### 1. SEATED MEDITATION



#### Description

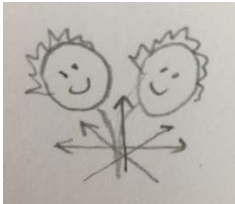
Sitting upright place one hand on your lower belly and the other hand on the heart. As you breathe long big breaths feel the rise of your hands as you breathe in and their fall as you breathe out. Allow yourself to slow down inwardly and bring your presence to the sensations of the moment.

### 2. PULLING EARS & NECK TWITCHES



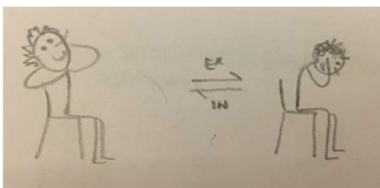
#### Description

Using your thumb and index finger pull your middle earlobes out to the side 4x. Pull the lower earlobes down lightly 4x and then the upper earlobes upwards 4x. To increase circulation to your face, the energy flow to the brain, creating awareness and decreasing stress.



Keeping the eyes closed, quickly twitch laterally the neck 2 times to the left, 2 to the right, 2 times diagonally to the left, 2 times diagonally to the right and 2 times up to the ceiling. Repeat it for 5 times then pause and focus on the vibrations around the neck and top of the head.

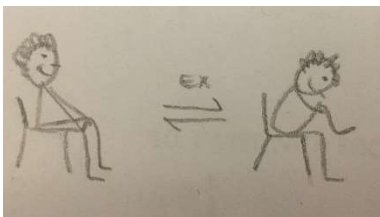
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#### Description

Place the hands behind your head (fingers touching), keep the neck and shoulders soft, inhale lift the chest upwards opening the elbows to the sides and slightly backwards and keeping the head supported. Exhale and let the elbows come forward and touch and stretch the upper back and space between the shoulderblades, dropping the chin to the chest. To mobilise and stretch the neck, shoulders, and upper back. To open the chest to counteract the hunching of desk work.

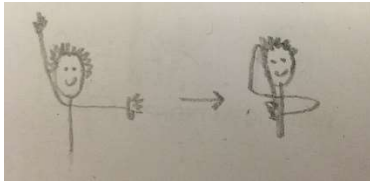
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#### Description

Place the hands on your knees or thighs, as you inhale lift the right knee towards your nose arching the back as you exhale release the knee down. Repeat 5x per side. To activate hip flexors after sitting for long time.

## 5. SEATED COW FACE (Gomukhasana)



### Description

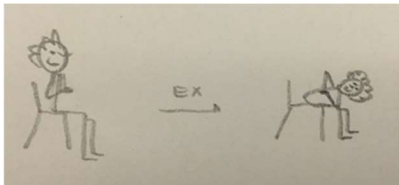
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## 6. LATERAL MOVEMENT OF THE SPINE

### Description

Sitting upright move the upper spine laterally mobilising the thoracic spine and the sides of the ribcage releasing tensions and improving spaciousness in the chest area.

## 7. SEATED TWIST (with hands in prayer)



### Description

Place the palms of the hands touching in the middle of the chest. Inhale and lift the spine, exhale stretch forwards and to the right placing the left elbow in contact with the outer right knee. Stay for 2-3 breaths inhale lengthening forward and exhaling deeper in the twist. To mobilise the back and ribcage. Repeat on the other side.

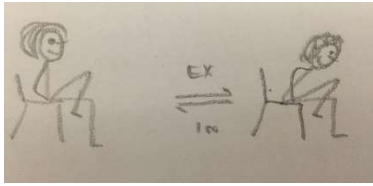
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### Description

Cross the right leg over the left, open the arms to the sides and cross the arms in front of your torso with the left elbow above the right (back of the hands against each other if possible). Move the elbows away from your torso and upwards, keep the gaze forward and focus on the opening and stretch of the back. Repeat on the other side.

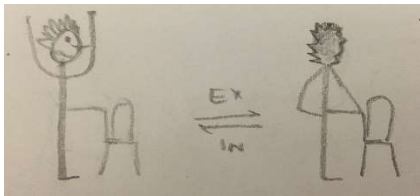
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Description

Place your right foot on the seat of the chair and right hand on your hip. Left hand on the back of the chair. As you inhale lift and lengthen your spine and as you exhale twist your torso to the right engaging your abdominals and using the hand on the chair to encourage a deeper twist.

11. SHORT MEDITATION with FOCUS on the HEART

## DESK YOGA –SESSION 3

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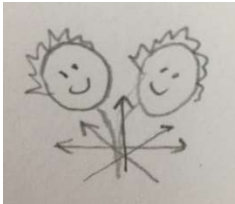
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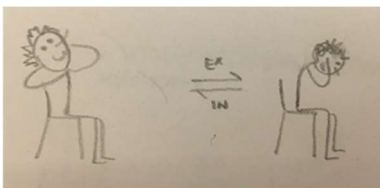
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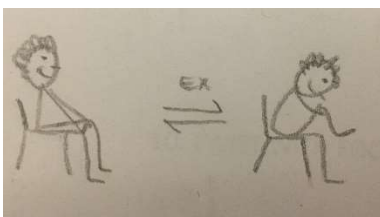
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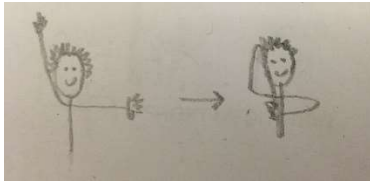
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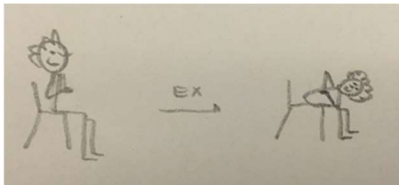
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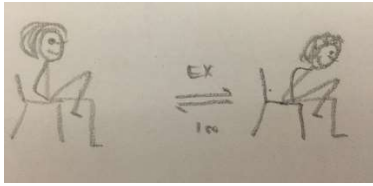
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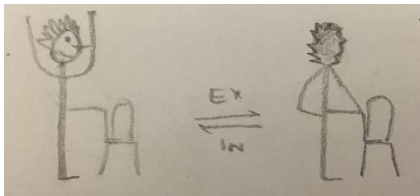
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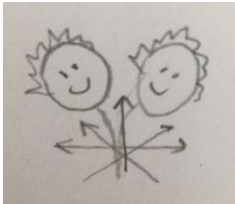
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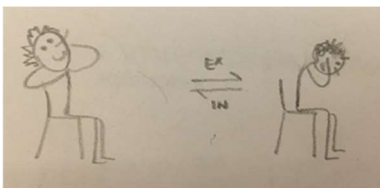
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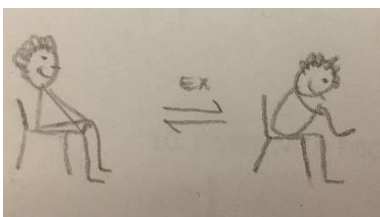
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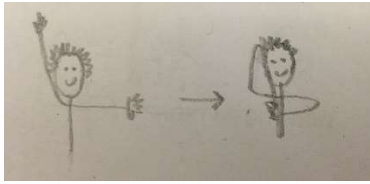
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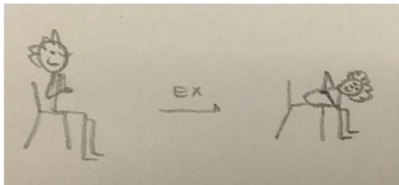
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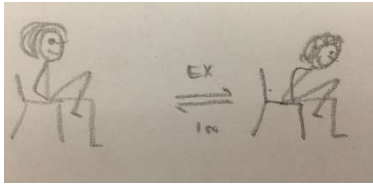


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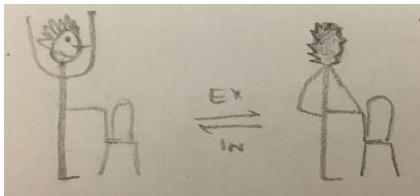
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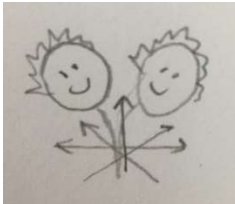
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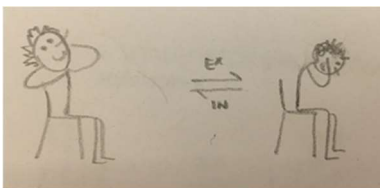
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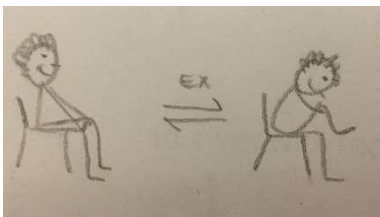
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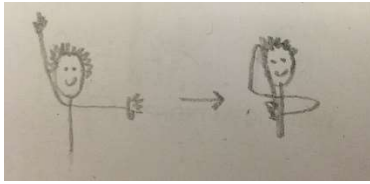
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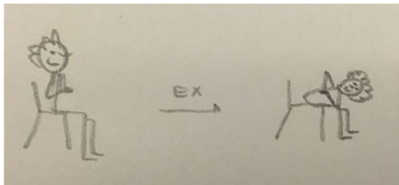
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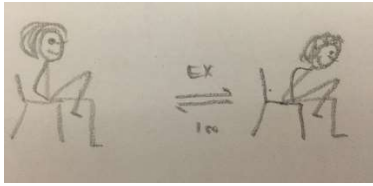
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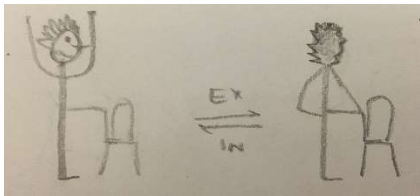
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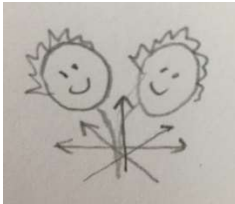
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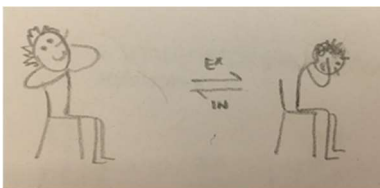
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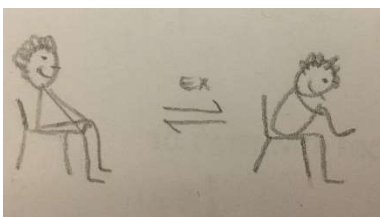
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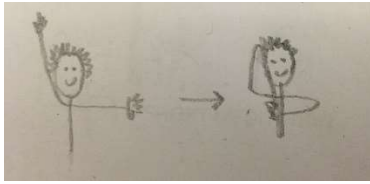
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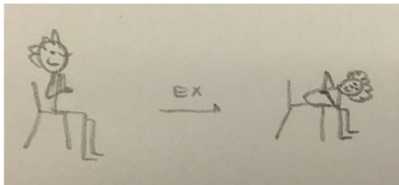
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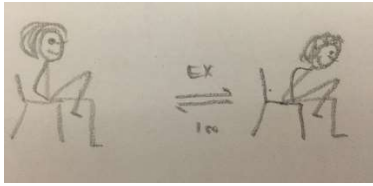
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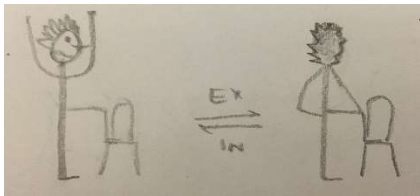
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11. SHORT MEDITATION with FOCUS on the HEART

## DESK YOGA –SESSION 3

### 1. SEATED MEDITATION



#### Description

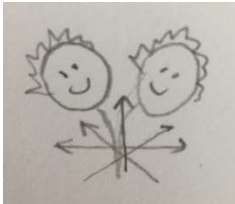
Sitting upright place one hand on your lower belly and the other hand on the heart. As you breathe long big breaths feel the rise of your hands as you breathe in and their fall as you breathe out. Allow yourself to slow down inwardly and bring your presence to the sensations of the moment.

### 2. PULLING EARS & NECK TWITCHES



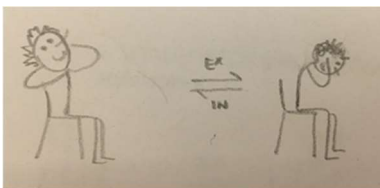
#### Description

Using your thumb and index finger pull your middle earlobes out to the side 4x. Pull the lower earlobes down lightly 4x and then the upper earlobes upwards 4x. To increase circulation to your face, the energy flow to the brain, creating awareness and decreasing stress.



Keeping the eyes closed, quickly twitch laterally the neck 2 times to the left, 2 to the right, 2 times diagonally to the left, 2 times diagonally to the right and 2 times up to the ceiling. Repeat it for 5 times then pause and focus on the vibrations around the neck and top of the head.

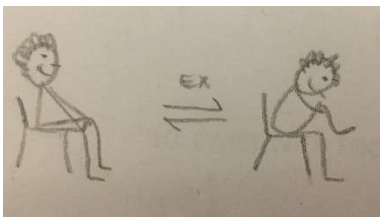
### 3. NECK & SHOULDERS STRETCH



#### Description

Place the hands behind your head (fingers touching), keep the neck and shoulders soft, inhale lift the chest upwards opening the elbows to the sides and slightly backwards and keeping the head supported. Exhale and let the elbows come forward and touch and stretch the upper back and space between the shoulderblades, dropping the chin to the chest. To mobilise and stretch the neck, shoulders, and upper back. To open the chest to counteract the hunching of desk work.

### 4. KNEE TO NOSE

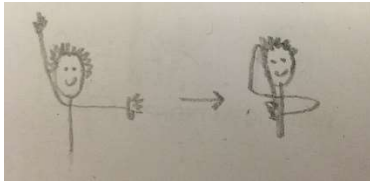


#### Description

Place the hands on your knees or thighs, as you inhale lift the right knee towards your nose arching the back as you exhale release the knee down. Repeat 5x per side. To activate hip flexors after sitting for long time.



## 5. SEATED COW FACE (Gomukhasana)



### Description

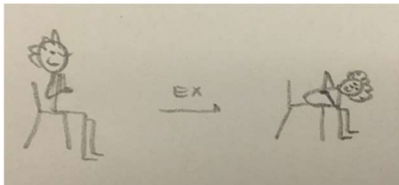
Inhale and swing the right arm to the side with the thumb facing down, move the arm back and bend the elbow placing the top of the hand onto the lower or middle back. Inhale the left arm up pointing the thumb towards the back, bend the elbow and reach down at your right hand or t-shirt. Keep lifting equally both sides of the chest. To open and stretch the chest, shoulders, armpits and triceps. Repeat 2-3x per arm

## 6. LATERAL MOVEMENT OF THE SPINE

### Description

Sitting upright move the upper spine laterally mobilising the thoracic spine and the sides of the ribcage releasing tensions and improving spaciousness in the chest area.

## 7. SEATED TWIST (with hands in prayer)



### Description

Place the palms of the hands touching in the middle of the chest. Inhale and lift the spine, exhale stretch forwards and to the right placing the left elbow in contact with the outer right knee. Stay for 2-3 breaths inhale lengthening forward and exhaling deeper in the twist. To mobilise the back and ribcage. Repeat on the other side.

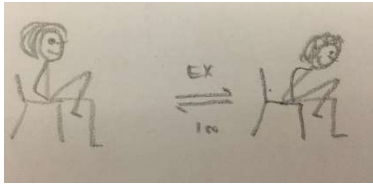
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### Description

Cross the right leg over the left, open the arms to the sides and cross the arms in front of your torso with the left elbow above the right (back of the hands against each other if possible). Move the elbows away from your torso and upwards, keep the gaze forward and focus on the opening and stretch of the back. Repeat on the other side.

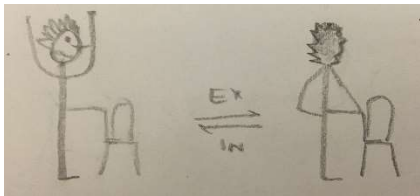
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Description

Sit on the edge of your chair. Bend the right knee and bring it up to the chest, flex the foot and place the ankle on top of the right knee/thigh. Keep the right hand on the knee for support and the left on the sole of the left foot. On exhale gently allow the right knee to drop towards to the floor by squeezing your gluts. If it's comfortable you can take a gentle forward bend. Stay for 2-3 breaths and repeat on the other leg. To stretch the outer hips and external rotators.

10. TWIST WITH FOOT ON THE CHAIR



Description

Place your right foot on the seat of the chair and right hand on your hip. Left hand on the back of the chair. As you inhale lift and lengthen your spine and as you exhale twist your torso to the right engaging your abdominals and using the hand on the chair to encourage a deeper twist.

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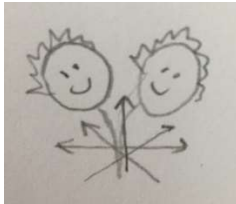
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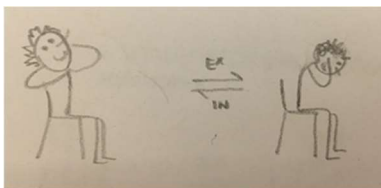
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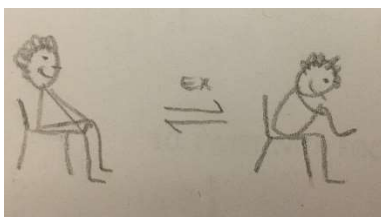
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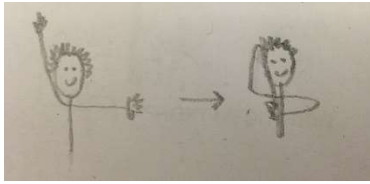
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Place the hands on your knees or thighs, as you inhale lift the right knee towards your nose arching the back as you exhale release the knee down. Repeat 5x per side. To activate hip flexors after sitting for long time.

## 5. SEATED COW FACE (Gomukhasana)



### Description

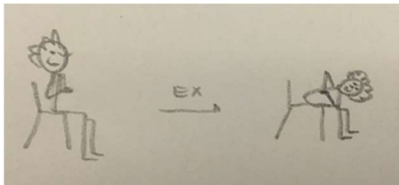
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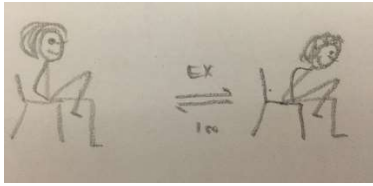
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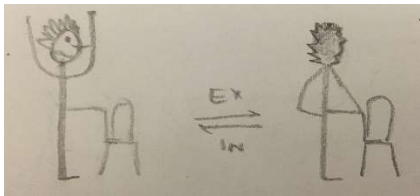
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Description

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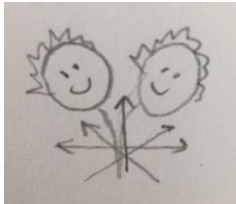
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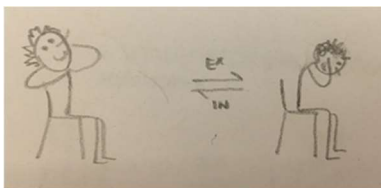
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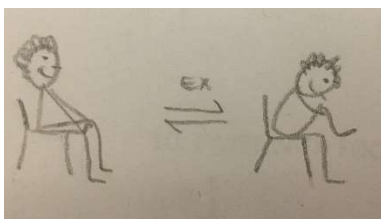
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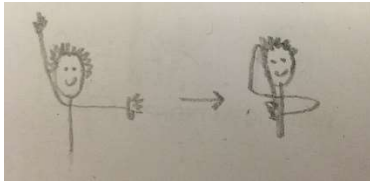
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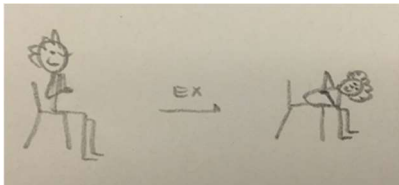
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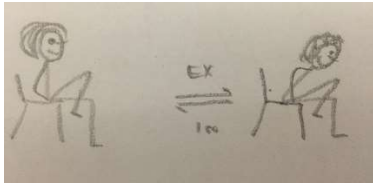
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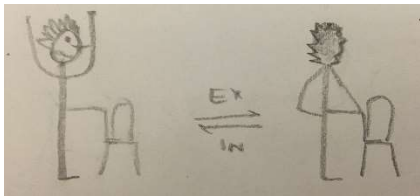
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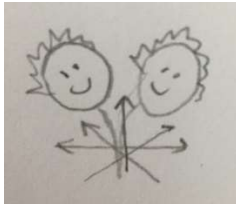
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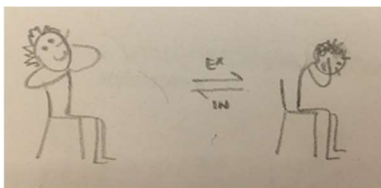
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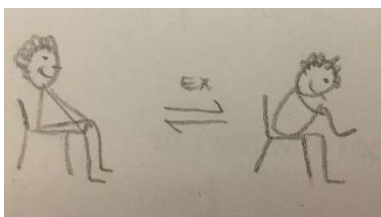
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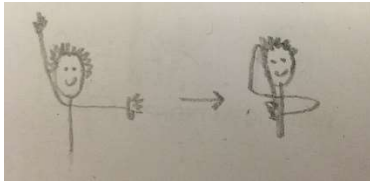
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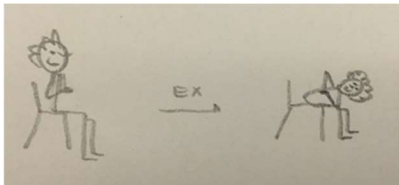
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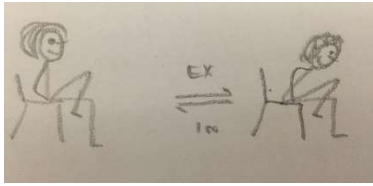
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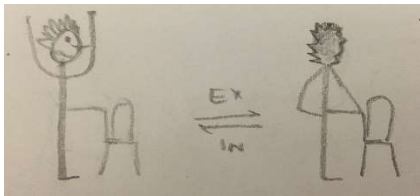
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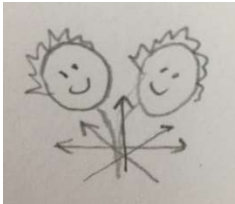
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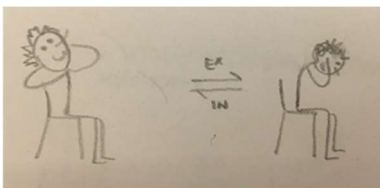
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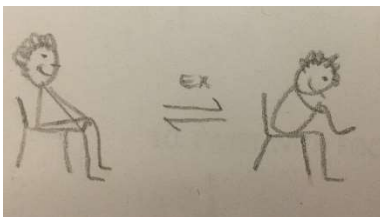
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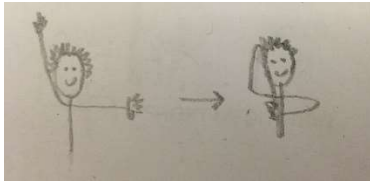
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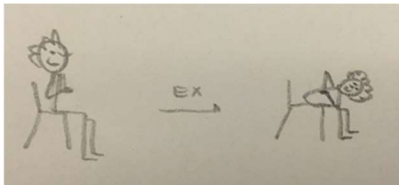
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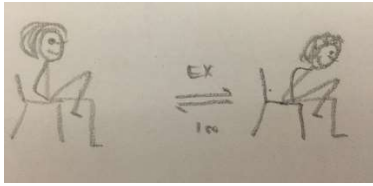
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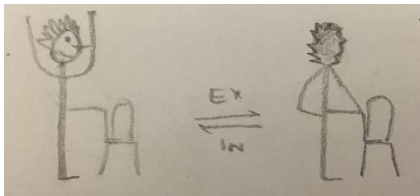
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Description

Place your right foot on the seat of the chair and right hand on your hip. Left hand on the back of the chair. As you inhale lift and lengthen your spine and as you exhale twist your torso to the right engaging your abdominals and using the hand on the chair to encourage a deeper twist.

11. SHORT MEDITATION with FOCUS on the HEART

## DESK YOGA –SESSION 3

### 1. SEATED MEDITATION



#### Description

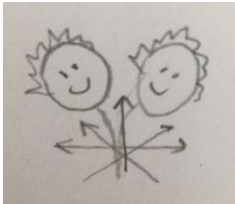
Sitting upright place one hand on your lower belly and the other hand on the heart. As you breathe long big breaths feel the rise of your hands as you breathe in and their fall as you breathe out. Allow yourself to slow down inwardly and bring your presence to the sensations of the moment.

### 2. PULLING EARS & NECK TWITCHES



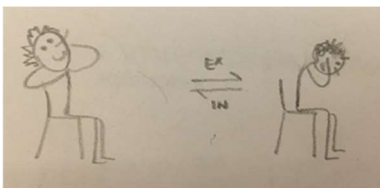
#### Description

Using your thumb and index finger pull your middle earlobes out to the side 4x. Pull the lower earlobes down lightly 4x and then the upper earlobes upwards 4x. To increase circulation to your face, the energy flow to the brain, creating awareness and decreasing stress.



Keeping the eyes closed, quickly twitch laterally the neck 2 times to the left, 2 to the right, 2 times diagonally to the left, 2 times diagonally to the right and 2 times up to the ceiling. Repeat it for 5 times then pause and focus on the vibrations around the neck and top of the head.

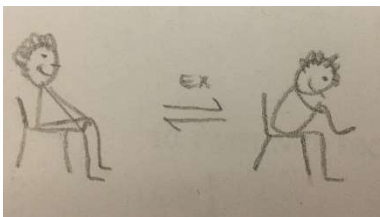
### 3. NECK & SHOULDERS STRETCH



#### Description

Place the hands behind your head (fingers touching), keep the neck and shoulders soft, inhale lift the chest upwards opening the elbows to the sides and slightly backwards and keeping the head supported. Exhale and let the elbows come forward and touch and stretch the upper back and space between the shoulderblades, dropping the chin to the chest. To mobilise and stretch the neck, shoulders, and upper back. To open the chest to counteract the hunching of desk work.

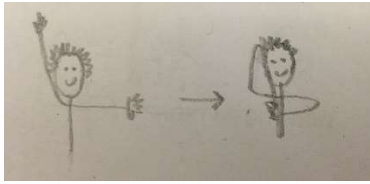
### 4. KNEE TO NOSE



#### Description

Place the hands on your knees or thighs, as you inhale lift the right knee towards your nose arching the back as you exhale release the knee down. Repeat 5x per side. To activate hip flexors after sitting for long time.

## 5. SEATED COW FACE (Gomukhasana)



### Description

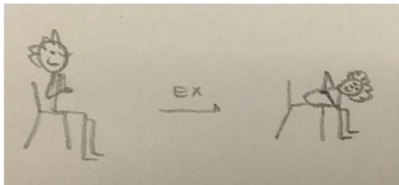
Inhale and swing the right arm to the side with the thumb facing down, move the arm back and bend the elbow placing the top of the hand onto the lower or middle back. Inhale the left arm up pointing the thumb towards the back, bend the elbow and reach down at your right hand or t-shirt. Keep lifting equally both sides of the chest. To open and stretch the chest, shoulders, armpits and triceps. Repeat 2-3x per arm

## 6. LATERAL MOVEMENT OF THE SPINE

### Description

Sitting upright move the upper spine laterally mobilising the thoracic spine and the sides of the ribcage releasing tensions and improving spaciousness in the chest area.

## 7. SEATED TWIST (with hands in prayer)



### Description

Place the palms of the hands touching in the middle of the chest. Inhale and lift the spine, exhale stretch forwards and to the right placing the left elbow in contact with the outer right knee. Stay for 2-3 breaths inhale lengthening forward and exhaling deeper in the twist. To mobilise the back and ribcage. Repeat on the other side.

## 8. SEATED EAGLE POSE (seated Garudasana)

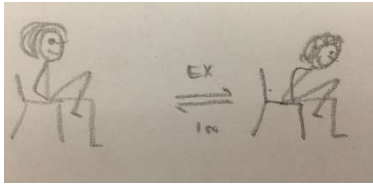


### Description

Cross the right leg over the left, open the arms to the sides and cross the arms in front of your torso with the left elbow above the right (back of the hands against each other if possible). Move the elbows away from your torso and upwards, keep the gaze forward and focus on the opening and stretch of the back. Repeat on the other side.



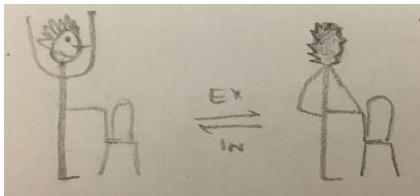
9. SEATED PIGEON (*Eka Pada Raja Kapotasana*)



Description

Sit on the edge of your chair. Bend the right knee and bring it up to the chest, flex the foot and place the ankle on top of the right knee/thigh. Keep the right hand on the knee for support and the left on the sole of the left foot. On exhale gently allow the right knee to drop towards to the floor by squeezing your gluts. If it's comfortable you can take a gentle forward bend. Stay for 2-3 breaths and repeat on the other leg. To stretch the outer hips and external rotators.

10. TWIST WITH FOOT ON THE CHAIR



Description

Place your right foot on the seat of the chair and right hand on your hip. Left hand on the back of the chair. As you inhale lift and lengthen your spine and as you exhale twist your torso to the right engaging your abdominals and using the hand on the chair to encourage a deeper twist.

11. SHORT MEDITATION with FOCUS on the HEART

## DESK YOGA –SESSION 3

### 1. SEATED MEDITATION



#### Description

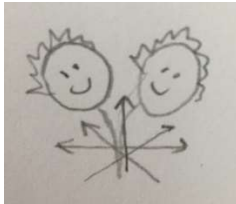
Sitting upright place one hand on your lower belly and the other hand on the heart. As you breathe long big breaths feel the rise of your hands as you breathe in and their fall as you breathe out. Allow yourself to slow down inwardly and bring your presence to the sensations of the moment.

### 2. PULLING EARS & NECK TWITCHES



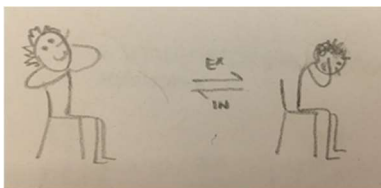
#### Description

Using your thumb and index finger pull your middle earlobes out to the side 4x. Pull the lower earlobes down lightly 4x and then the upper earlobes upwards 4x. To increase circulation to your face, the energy flow to the brain, creating awareness and decreasing stress.



Keeping the eyes closed, quickly twitch laterally the neck 2 times to the left, 2 to the right, 2 times diagonally to the left, 2 times diagonally to the right and 2 times up to the ceiling. Repeat it for 5 times then pause and focus on the vibrations around the neck and top of the head.

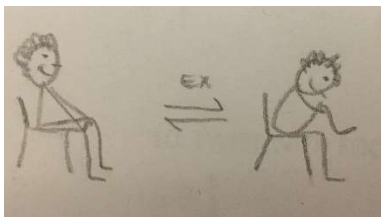
### 3. NECK & SHOULDERS STRETCH



#### Description

Place the hands behind your head (fingers touching), keep the neck and shoulders soft, inhale lift the chest upwards opening the elbows to the sides and slightly backwards and keeping the head supported. Exhale and let the elbows come forward and touch and stretch the upper back and space between the shoulderblades, dropping the chin to the chest. To mobilise and stretch the neck, shoulders, and upper back. To open the chest to counteract the hunching of desk work.

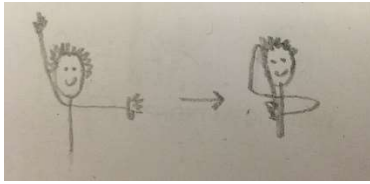
### 4. KNEE TO NOSE



#### Description

Place the hands on your knees or thighs, as you inhale lift the right knee towards your nose arching the back as you exhale release the knee down. Repeat 5x per side. To activate hip flexors after sitting for long time.

## 5. SEATED COW FACE (Gomukhasana)



### Description

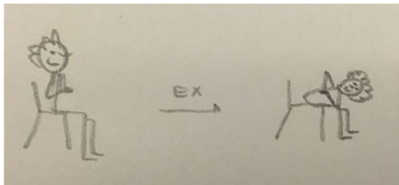
Inhale and swing the right arm to the side with the thumb facing down, move the arm back and bend the elbow placing the top of the hand onto the lower or middle back. Inhale the left arm up pointing the thumb towards the back, bend the elbow and reach down at your right hand or t-shirt. Keep lifting equally both sides of the chest. To open and stretch the chest, shoulders, armpits and triceps. Repeat 2-3x per arm

## 6. LATERAL MOVEMENT OF THE SPINE

### Description

Sitting upright move the upper spine laterally mobilising the thoracic spine and the sides of the ribcage releasing tensions and improving spaciousness in the chest area.

## 7. SEATED TWIST (with hands in prayer)



### Description

Place the palms of the hands touching in the middle of the chest. Inhale and lift the spine, exhale stretch forwards and to the right placing the left elbow in contact with the outer right knee. Stay for 2-3 breaths inhale lengthening forward and exhaling deeper in the twist. To mobilise the back and ribcage. Repeat on the other side.

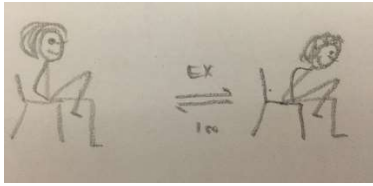
## 8. SEATED EAGLE POSE (seated Garudasana)



### Description

Cross the right leg over the left, open the arms to the sides and cross the arms in front of your torso with the left elbow above the right (back of the hands against each other if possible). Move the elbows away from your torso and upwards, keep the gaze forward and focus on the opening and stretch of the back. Repeat on the other side.

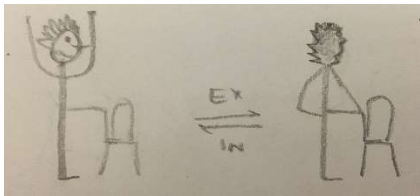
9. SEATED PIGEON (*Eka Pada Raja Kapotasana*)



Description

Sit on the edge of your chair. Bend the right knee and bring it up to the chest, flex the foot and place the ankle on top of the right knee/thigh. Keep the right hand on the knee for support and the left on the sole of the left foot. On exhale gently allow the right knee to drop towards to the floor by squeezing your gluts. If it's comfortable you can take a gentle forward bend. Stay for 2-3 breaths and repeat on the other leg. To stretch the outer hips and external rotators.

10. TWIST WITH FOOT ON THE CHAIR



Description

Place your right foot on the seat of the chair and right hand on your hip. Left hand on the back of the chair. As you inhale lift and lengthen your spine and as you exhale twist your torso to the right engaging your abdominals and using the hand on the chair to encourage a deeper twist.

11. SHORT MEDITATION with FOCUS on the HEART

## DESK YOGA –SESSION 3

### 1. SEATED MEDITATION



#### Description

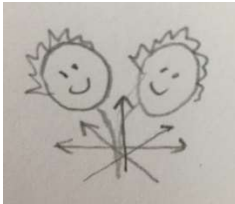
Sitting upright place one hand on your lower belly and the other hand on the heart. As you breathe long big breaths feel the rise of your hands as you breathe in and their fall as you breathe out. Allow yourself to slow down inwardly and bring your presence to the sensations of the moment.

### 2. PULLING EARS & NECK TWITCHES



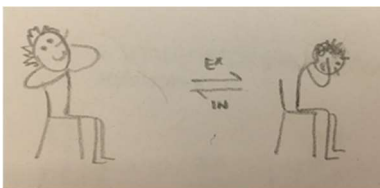
#### Description

Using your thumb and index finger pull your middle earlobes out to the side 4x. Pull the lower earlobes down lightly 4x and then the upper earlobes upwards 4x. To increase circulation to your face, the energy flow to the brain, creating awareness and decreasing stress.



Keeping the eyes closed, quickly twitch laterally the neck 2 times to the left, 2 to the right, 2 times diagonally to the left, 2 times diagonally to the right and 2 times up to the ceiling. Repeat it for 5 times then pause and focus on the vibrations around the neck and top of the head.

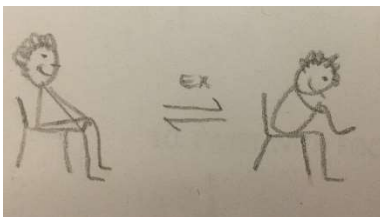
### 3. NECK & SHOULDERS STRETCH



#### Description

Place the hands behind your head (fingers touching), keep the neck and shoulders soft, inhale lift the chest upwards opening the elbows to the sides and slightly backwards and keeping the head supported. Exhale and let the elbows come forward and touch and stretch the upper back and space between the shoulderblades, dropping the chin to the chest. To mobilise and stretch the neck, shoulders, and upper back. To open the chest to counteract the hunching of desk work.

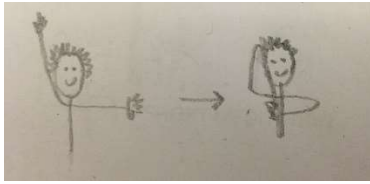
### 4. KNEE TO NOSE



#### Description

Place the hands on your knees or thighs, as you inhale lift the right knee towards your nose arching the back as you exhale release the knee down. Repeat 5x per side. To activate hip flexors after sitting for long time.

## 5. SEATED COW FACE (Gomukhasana)



### Description

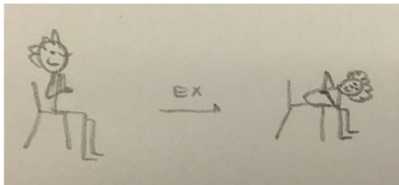
Inhale and swing the right arm to the side with the thumb facing down, move the arm back and bend the elbow placing the top of the hand onto the lower or middle back. Inhale the left arm up pointing the thumb towards the back, bend the elbow and reach down at your right hand or t-shirt. Keep lifting equally both sides of the chest. To open and stretch the chest, shoulders, armpits and triceps. Repeat 2-3x per arm

## 6. LATERAL MOVEMENT OF THE SPINE

### Description

Sitting upright move the upper spine laterally mobilising the thoracic spine and the sides of the ribcage releasing tensions and improving spaciousness in the chest area.

## 7. SEATED TWIST (with hands in prayer)



### Description

Place the palms of the hands touching in the middle of the chest. Inhale and lift the spine, exhale stretch forwards and to the right placing the left elbow in contact with the outer right knee. Stay for 2-3 breaths inhale lengthening forward and exhaling deeper in the twist. To mobilise the back and ribcage. Repeat on the other side.

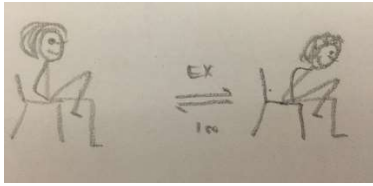
## 8. SEATED EAGLE POSE (seated Garudasana)



### Description

Cross the right leg over the left, open the arms to the sides and cross the arms in front of your torso with the left elbow above the right (back of the hands against each other if possible). Move the elbows away from your torso and upwards, keep the gaze forward and focus on the opening and stretch of the back. Repeat on the other side.

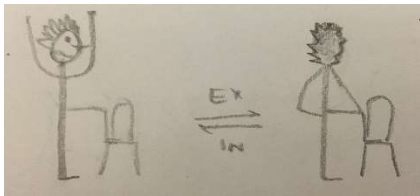
9. SEATED PIGEON (*Eka Pada Raja Kapotasana*)



Description

Sit on the edge of your chair. Bend the right knee and bring it up to the chest, flex the foot and place the ankle on top of the right knee/thigh. Keep the right hand on the knee for support and the left on the sole of the left foot. On exhale gently allow the right knee to drop towards to the floor by squeezing your gluts. If it's comfortable you can take a gentle forward bend. Stay for 2-3 breaths and repeat on the other leg. To stretch the outer hips and external rotators.

10. TWIST WITH FOOT ON THE CHAIR



Description

Place your right foot on the seat of the chair and right hand on your hip. Left hand on the back of the chair. As you inhale lift and lengthen your spine and as you exhale twist your torso to the right engaging your abdominals and using the hand on the chair to encourage a deeper twist.

11. SHORT MEDITATION with FOCUS on the HEART

## DESK YOGA –SESSION 3

### 1. SEATED MEDITATION



#### Description

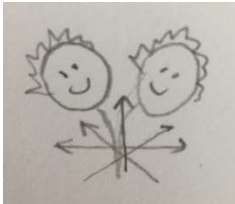
Sitting upright place one hand on your lower belly and the other hand on the heart. As you breathe long big breaths feel the rise of your hands as you breathe in and their fall as you breathe out. Allow yourself to slow down inwardly and bring your presence to the sensations of the moment.

### 2. PULLING EARS & NECK TWITCHES



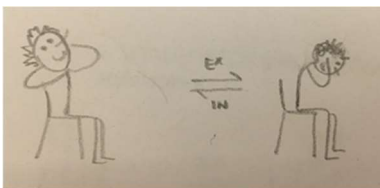
#### Description

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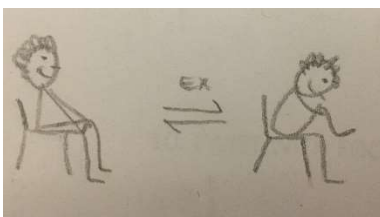
### 3. NECK & SHOULDERS STRETCH



#### Description

Place the hands behind your head (fingers touching), keep the neck and shoulders soft, inhale lift the chest upwards opening the elbows to the sides and slightly backwards and keeping the head supported. Exhale and let the elbows come forward and touch and stretch the upper back and space between the shoulderblades, dropping the chin to the chest. To mobilise and stretch the neck, shoulders, and upper back. To open the chest to counteract the hunching of desk work.

### 4. KNEE TO NOSE

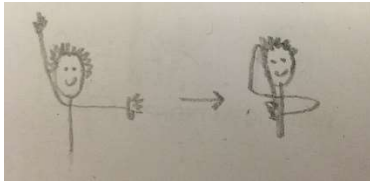


#### Description

Place the hands on your knees or thighs, as you inhale lift the right knee towards your nose arching the back as you exhale release the knee down. Repeat 5x per side. To activate hip flexors after sitting for long time.



## 5. SEATED COW FACE (Gomukhasana)



### Description

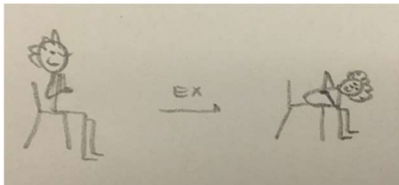
Inhale and swing the right arm to the side with the thumb facing down, move the arm back and bend the elbow placing the top of the hand onto the lower or middle back. Inhale the left arm up pointing the thumb towards the back, bend the elbow and reach down at your right hand or t-shirt. Keep lifting equally both sides of the chest. To open and stretch the chest, shoulders, armpits and triceps. Repeat 2-3x per arm

## 6. LATERAL MOVEMENT OF THE SPINE

### Description

Sitting upright move the upper spine laterally mobilising the thoracic spine and the sides of the ribcage releasing tensions and improving spaciousness in the chest area.

## 7. SEATED TWIST (with hands in prayer)



### Description

Place the palms of the hands touching in the middle of the chest. Inhale and lift the spine, exhale stretch forwards and to the right placing the left elbow in contact with the outer right knee. Stay for 2-3 breaths inhale lengthening forward and exhaling deeper in the twist. To mobilise the back and ribcage. Repeat on the other side.

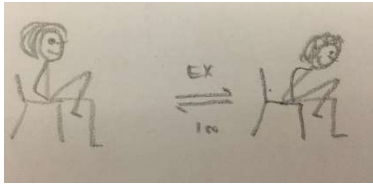
## 8. SEATED EAGLE POSE (seated Garudasana)



### Description

Cross the right leg over the left, open the arms to the sides and cross the arms in front of your torso with the left elbow above the right (back of the hands against each other if possible). Move the elbows away from your torso and upwards, keep the gaze forward and focus on the opening and stretch of the back. Repeat on the other side.

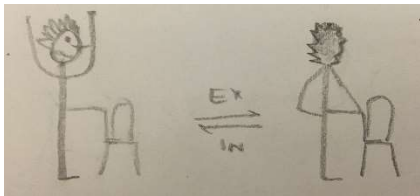
9. SEATED PIGEON (*Eka Pada Raja Kapotasana*)



Description

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10. TWIST WITH FOOT ON THE CHAIR



Description

Place your right foot on the seat of the chair and right hand on your hip. Left hand on the back of the chair. As you inhale lift and lengthen your spine and as you exhale twist your torso to the right engaging your abdominals and using the hand on the chair to encourage a deeper twist.

11. SHORT MEDITATION with FOCUS on the HEART

## DESK YOGA –SESSION 3

### 1. SEATED MEDITATION



#### Description

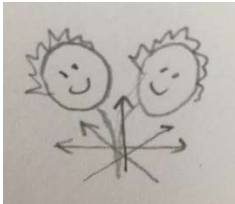
Sitting upright place one hand on your lower belly and the other hand on the heart. As you breathe long big breaths feel the rise of your hands as you breathe in and their fall as you breathe out. Allow yourself to slow down inwardly and bring your presence to the sensations of the moment.

### 2. PULLING EARS & NECK TWITCHES



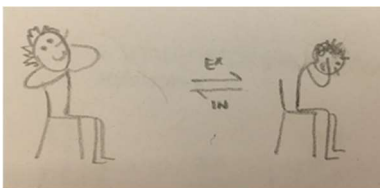
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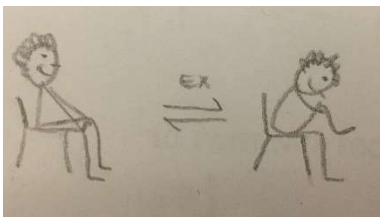
### 3. NECK & SHOULDERS STRETCH



#### Description

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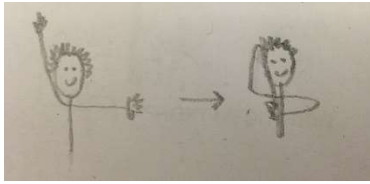
### 4. KNEE TO NOSE



#### Description

Place the hands on your knees or thighs, as you inhale lift the right knee towards your nose arching the back as you exhale release the knee down. Repeat 5x per side. To activate hip flexors after sitting for long time.

## 5. SEATED COW FACE (Gomukhasana)



### Description

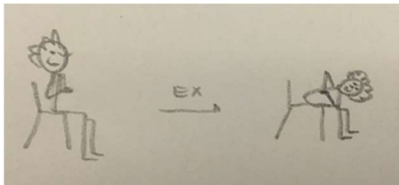
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### Description

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## 7. SEATED TWIST (with hands in prayer)



### Description

Place the palms of the hands touching in the middle of the chest. Inhale and lift the spine, exhale stretch forwards and to the right placing the left elbow in contact with the outer right knee. Stay for 2-3 breaths inhale lengthening forward and exhaling deeper in the twist. To mobilise the back and ribcage. Repeat on the other side.

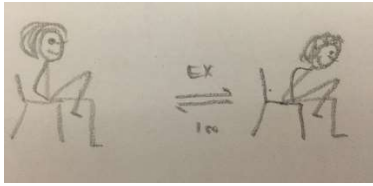
## 8. SEATED EAGLE POSE (seated Garudasana)



### Description

Cross the right leg over the left, open the arms to the sides and cross the arms in front of your torso with the left elbow above the right (back of the hands against each other if possible). Move the elbows away from your torso and upwards, keep the gaze forward and focus on the opening and stretch of the back. Repeat on the other side.

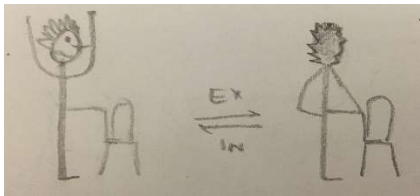
9. SEATED PIGEON (*Eka Pada Raja Kapotasana*)



Description

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10. TWIST WITH FOOT ON THE CHAIR



Description

Place your right foot on the seat of the chair and right hand on your hip. Left hand on the back of the chair. As you inhale lift and lengthen your spine and as you exhale twist your torso to the right engaging your abdominals and using the hand on the chair to encourage a deeper twist.

11. SHORT MEDITATION with FOCUS on the HEART

## DESK YOGA –SESSION 3

### 1. SEATED MEDITATION



#### Description

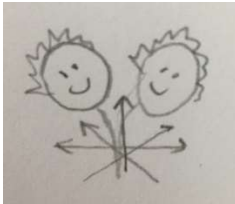
Sitting upright place one hand on your lower belly and the other hand on the heart. As you breathe long big breaths feel the rise of your hands as you breathe in and their fall as you breathe out. Allow yourself to slow down inwardly and bring your presence to the sensations of the moment.

### 2. PULLING EARS & NECK TWITCHES



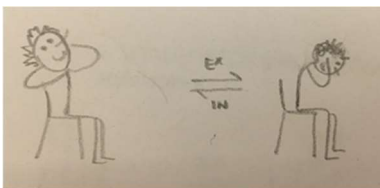
#### Description

Using your thumb and index finger pull your middle earlobes out to the side 4x. Pull the lower earlobes down lightly 4x and then the upper earlobes upwards 4x. To increase circulation to your face, the energy flow to the brain, creating awareness and decreasing stress.



Keeping the eyes closed, quickly twitch laterally the neck 2 times to the left, 2 to the right, 2 times diagonally to the left, 2 times diagonally to the right and 2 times up to the ceiling. Repeat it for 5 times then pause and focus on the vibrations around the neck and top of the head.

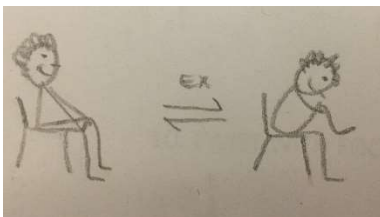
### 3. NECK & SHOULDERS STRETCH



#### Description

Place the hands behind your head (fingers touching), keep the neck and shoulders soft, inhale lift the chest upwards opening the elbows to the sides and slightly backwards and keeping the head supported. Exhale and let the elbows come forward and touch and stretch the upper back and space between the shoulderblades, dropping the chin to the chest. To mobilise and stretch the neck, shoulders, and upper back. To open the chest to counteract the hunching of desk work.

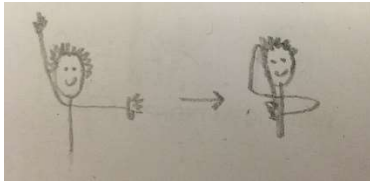
### 4. KNEE TO NOSE



#### Description

Place the hands on your knees or thighs, as you inhale lift the right knee towards your nose arching the back as you exhale release the knee down. Repeat 5x per side. To activate hip flexors after sitting for long time.

## 5. SEATED COW FACE (Gomukhasana)



### Description

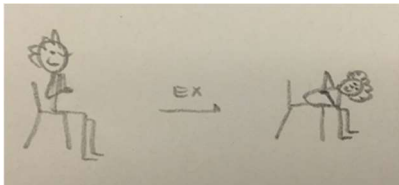
Inhale and swing the right arm to the side with the thumb facing down, move the arm back and bend the elbow placing the top of the hand onto the lower or middle back. Inhale the left arm up pointing the thumb towards the back, bend the elbow and reach down at your right hand or t-shirt. Keep lifting equally both sides of the chest. To open and stretch the chest, shoulders, armpits and triceps. Repeat 2-3x per arm

## 6. LATERAL MOVEMENT OF THE SPINE

### Description

Sitting upright move the upper spine laterally mobilising the thoracic spine and the sides of the ribcage releasing tensions and improving spaciousness in the chest area.

## 7. SEATED TWIST (with hands in prayer)



### Description

Place the palms of the hands touching in the middle of the chest. Inhale and lift the spine, exhale stretch forwards and to the right placing the left elbow in contact with the outer right knee. Stay for 2-3 breaths inhale lengthening forward and exhaling deeper in the twist. To mobilise the back and ribcage. Repeat on the other side.

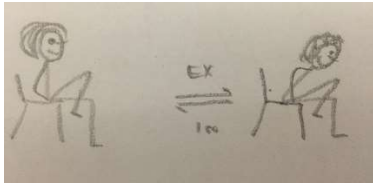
## 8. SEATED EAGLE POSE (seated Garudasana)



### Description

Cross the right leg over the left, open the arms to the sides and cross the arms in front of your torso with the left elbow above the right (back of the hands against each other if possible). Move the elbows away from your torso and upwards, keep the gaze forward and focus on the opening and stretch of the back. Repeat on the other side.

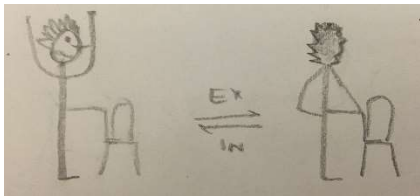
9. SEATED PIGEON (*Eka Pada Raja Kapotasana*)



Description

Sit on the edge of your chair. Bend the right knee and bring it up to the chest, flex the foot and place the ankle on top of the right knee/thigh. Keep the right hand on the knee for support and the left on the sole of the left foot. On exhale gently allow the right knee to drop towards to the floor by squeezing your gluts. If it's comfortable you can take a gentle forward bend. Stay for 2-3 breaths and repeat on the other leg. To stretch the outer hips and external rotators.

10. TWIST WITH FOOT ON THE CHAIR



Description

Place your right foot on the seat of the chair and right hand on your hip. Left hand on the back of the chair. As you inhale lift and lengthen your spine and as you exhale twist your torso to the right engaging your abdominals and using the hand on the chair to encourage a deeper twist.

11. SHORT MEDITATION with FOCUS on the HEART



## DESK YOGA –SESSION 3

### 1. SEATED MEDITATION



#### Description

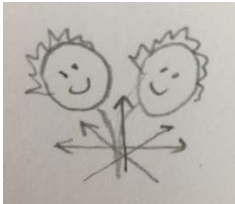
Sitting upright place one hand on your lower belly and the other hand on the heart. As you breathe long big breaths feel the rise of your hands as you breathe in and their fall as you breathe out. Allow yourself to slow down inwardly and bring your presence to the sensations of the moment.

### 2. PULLING EARS & NECK TWITCHES



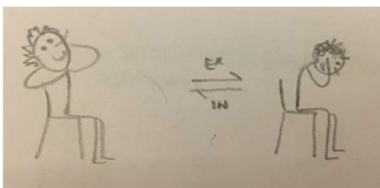
#### Description

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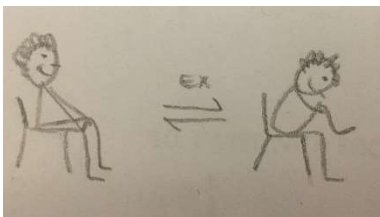
### 3. NECK & SHOULDERS STRETCH



#### Description

Place the hands behind your head (fingers touching), keep the neck and shoulders soft, inhale lift the chest upwards opening the elbows to the sides and slightly backwards and keeping the head supported. Exhale and let the elbows come forward and touch and stretch the upper back and space between the shoulderblades, dropping the chin to the chest. To mobilise and stretch the neck, shoulders, and upper back. To open the chest to counteract the hunching of desk work.

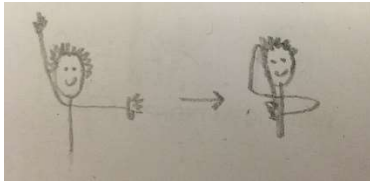
### 4. KNEE TO NOSE



#### Description

Place the hands on your knees or thighs, as you inhale lift the right knee towards your nose arching the back as you exhale release the knee down. Repeat 5x per side. To activate hip flexors after sitting for long time.

## 5. SEATED COW FACE (Gomukhasana)



### Description

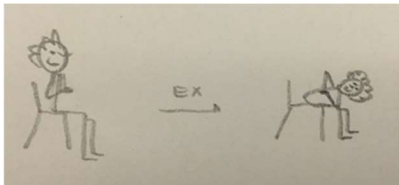
Inhale and swing the right arm to the side with the thumb facing down, move the arm back and bend the elbow placing the top of the hand onto the lower or middle back. Inhale the left arm up pointing the thumb towards the back, bend the elbow and reach down at your right hand or t-shirt. Keep lifting equally both sides of the chest. To open and stretch the chest, shoulders, armpits and triceps. Repeat 2-3x per arm

## 6. LATERAL MOVEMENT OF THE SPINE

### Description

Sitting upright move the upper spine laterally mobilising the thoracic spine and the sides of the ribcage releasing tensions and improving spaciousness in the chest area.

## 7. SEATED TWIST (with hands in prayer)



### Description

Place the palms of the hands touching in the middle of the chest. Inhale and lift the spine, exhale stretch forwards and to the right placing the left elbow in contact with the outer right knee. Stay for 2-3 breaths inhale lengthening forward and exhaling deeper in the twist. To mobilise the back and ribcage. Repeat on the other side.

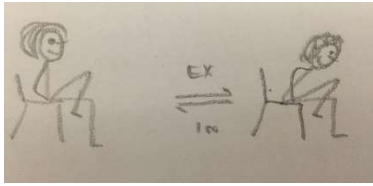
## 8. SEATED EAGLE POSE (seated Garudasana)



### Description

Cross the right leg over the left, open the arms to the sides and cross the arms in front of your torso with the left elbow above the right (back of the hands against each other if possible). Move the elbows away from your torso and upwards, keep the gaze forward and focus on the opening and stretch of the back. Repeat on the other side.

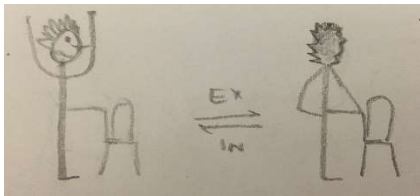
9. SEATED PIGEON (*Eka Pada Raja Kapotasana*)



Description

Sit on the edge of your chair. Bend the right knee and bring it up to the chest, flex the foot and place the ankle on top of the right knee/thigh. Keep the right hand on the knee for support and the left on the sole of the left foot. On exhale gently allow the right knee to drop towards to the floor by squeezing your gluts. If it's comfortable you can take a gentle forward bend. Stay for 2-3 breaths and repeat on the other leg. To stretch the outer hips and external rotators.

10. TWIST WITH FOOT ON THE CHAIR



Description

Place your right foot on the seat of the chair and right hand on your hip. Left hand on the back of the chair. As you inhale lift and lengthen your spine and as you exhale twist your torso to the right engaging your abdominals and using the hand on the chair to encourage a deeper twist.

11. SHORT MEDITATION with FOCUS on the HEART

## DESK YOGA –SESSION 3

### 1. SEATED MEDITATION



#### Description

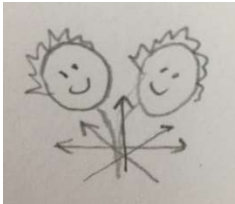
Sitting upright place one hand on your lower belly and the other hand on the heart. As you breathe long big breaths feel the rise of your hands as you breathe in and their fall as you breathe out. Allow yourself to slow down inwardly and bring your presence to the sensations of the moment.

### 2. PULLING EARS & NECK TWITCHES



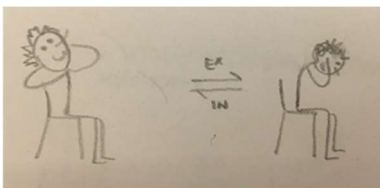
#### Description

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Keeping the eyes closed, quickly twitch laterally the neck 2 times to the left, 2 to the right, 2 times diagonally to the left, 2 times diagonally to the right and 2 times up to the ceiling. Repeat it for 5 times then pause and focus on the vibrations around the neck and top of the head.

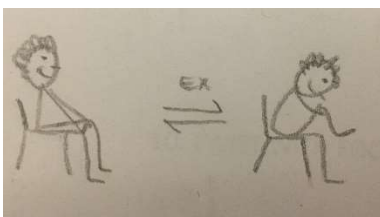
### 3. NECK & SHOULDERS STRETCH



#### Description

Place the hands behind your head (fingers touching), keep the neck and shoulders soft, inhale lift the chest upwards opening the elbows to the sides and slightly backwards and keeping the head supported. Exhale and let the elbows come forward and touch and stretch the upper back and space between the shoulderblades, dropping the chin to the chest. To mobilise and stretch the neck, shoulders, and upper back. To open the chest to counteract the hunching of desk work.

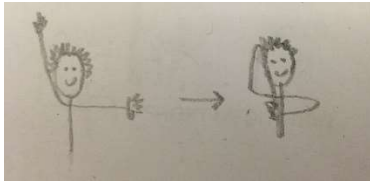
### 4. KNEE TO NOSE



#### Description

Place the hands on your knees or thighs, as you inhale lift the right knee towards your nose arching the back as you exhale release the knee down. Repeat 5x per side. To activate hip flexors after sitting for long time.

## 5. SEATED COW FACE (Gomukhasana)



### Description

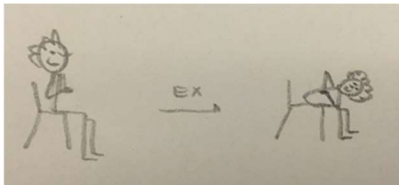
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## 6. LATERAL MOVEMENT OF THE SPINE

### Description

Sitting upright move the upper spine laterally mobilising the thoracic spine and the sides of the ribcage releasing tensions and improving spaciousness in the chest area.

## 7. SEATED TWIST (with hands in prayer)



### Description

Place the palms of the hands touching in the middle of the chest. Inhale and lift the spine, exhale stretch forwards and to the right placing the left elbow in contact with the outer right knee. Stay for 2-3 breaths inhale lengthening forward and exhaling deeper in the twist. To mobilise the back and ribcage. Repeat on the other side.

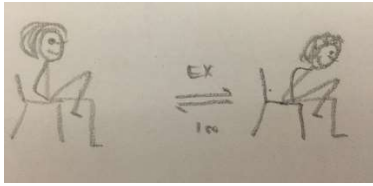
## 8. SEATED EAGLE POSE (seated Garudasana)



### Description

Cross the right leg over the left, open the arms to the sides and cross the arms in front of your torso with the left elbow above the right (back of the hands against each other if possible). Move the elbows away from your torso and upwards, keep the gaze forward and focus on the opening and stretch of the back. Repeat on the other side.

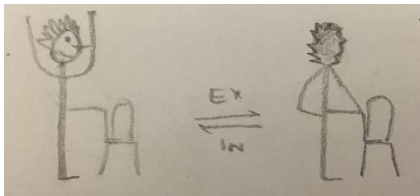
9. SEATED PIGEON (*Eka Pada Raja Kapotasana*)



Description

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10. TWIST WITH FOOT ON THE CHAIR



Description

Place your right foot on the seat of the chair and right hand on your hip. Left hand on the back of the chair. As you inhale lift and lengthen your spine and as you exhale twist your torso to the right engaging your abdominals and using the hand on the chair to encourage a deeper twist.

11. SHORT MEDITATION with FOCUS on the HEART

## DESK YOGA –SESSION 3

### 1. SEATED MEDITATION



#### Description

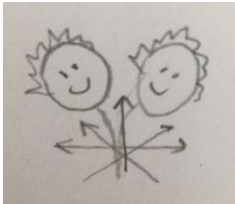
Sitting upright place one hand on your lower belly and the other hand on the heart. As you breathe long big breaths feel the rise of your hands as you breathe in and their fall as you breathe out. Allow yourself to slow down inwardly and bring your presence to the sensations of the moment.

### 2. PULLING EARS & NECK TWITCHES



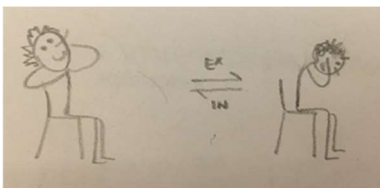
#### Description

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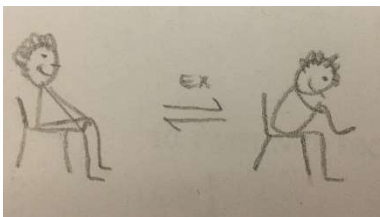
### 3. NECK & SHOULDERS STRETCH



#### Description

Place the hands behind your head (fingers touching), keep the neck and shoulders soft, inhale lift the chest upwards opening the elbows to the sides and slightly backwards and keeping the head supported. Exhale and let the elbows come forward and touch and stretch the upper back and space between the shoulderblades, dropping the chin to the chest. To mobilise and stretch the neck, shoulders, and upper back. To open the chest to counteract the hunching of desk work.

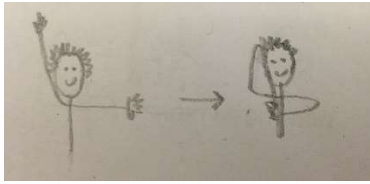
### 4. KNEE TO NOSE



#### Description

Place the hands on your knees or thighs, as you inhale lift the right knee towards your nose arching the back as you exhale release the knee down. Repeat 5x per side. To activate hip flexors after sitting for long time.

## 5. SEATED COW FACE (Gomukhasana)



### Description

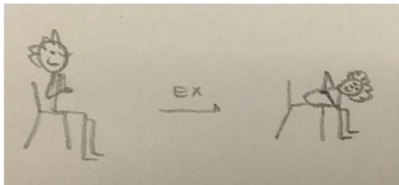
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### Description

Sitting upright move the upper spine laterally mobilising the thoracic spine and the sides of the ribcage releasing tensions and improving spaciousness in the chest area.

## 7. SEATED TWIST (with hands in prayer)



### Description

Place the palms of the hands touching in the middle of the chest. Inhale and lift the spine, exhale stretch forwards and to the right placing the left elbow in contact with the outer right knee. Stay for 2-3 breaths inhale lengthening forward and exhaling deeper in the twist. To mobilise the back and ribcage. Repeat on the other side.

## 8. SEATED EAGLE POSE (seated Garudasana)

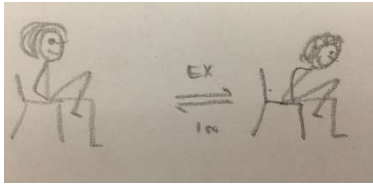


### Description

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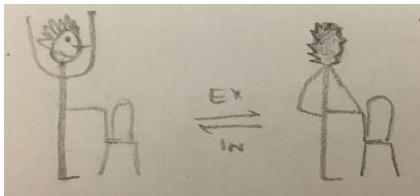
9. SEATED PIGEON (*Eka Pada Raja Kapotasana*)



Description

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Description

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11. SHORT MEDITATION with FOCUS on the HEART

## DESK YOGA –SESSION 3

### 1. SEATED MEDITATION



#### Description

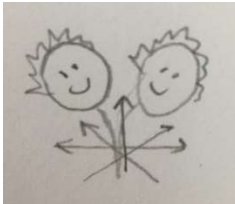
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### 2. PULLING EARS & NECK TWITCHES



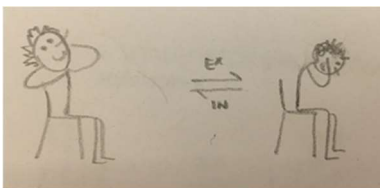
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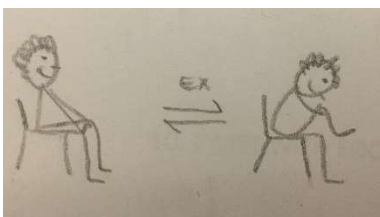
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#### Description

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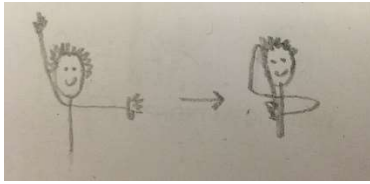
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#### Description

Place the hands on your knees or thighs, as you inhale lift the right knee towards your nose arching the back as you exhale release the knee down. Repeat 5x per side. To activate hip flexors after sitting for long time.

## 5. SEATED COW FACE (Gomukhasana)



### Description

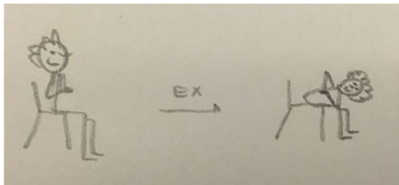
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### Description

Place the palms of the hands touching in the middle of the chest. Inhale and lift the spine, exhale stretch forwards and to the right placing the left elbow in contact with the outer right knee. Stay for 2-3 breaths inhale lengthening forward and exhaling deeper in the twist. To mobilise the back and ribcage. Repeat on the other side.

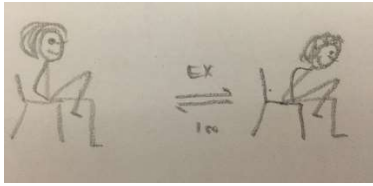
## 8. SEATED EAGLE POSE (seated Garudasana)



### Description

Cross the right leg over the left, open the arms to the sides and cross the arms in front of your torso with the left elbow above the right (back of the hands against each other if possible). Move the elbows away from your torso and upwards, keep the gaze forward and focus on the opening and stretch of the back. Repeat on the other side.

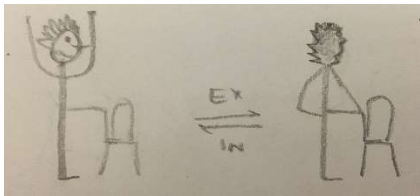
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Description

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10. TWIST WITH FOOT ON THE CHAIR



Description

Place your right foot on the seat of the chair and right hand on your hip. Left hand on the back of the chair. As you inhale lift and lengthen your spine and as you exhale twist your torso to the right engaging your abdominals and using the hand on the chair to encourage a deeper twist.

11. SHORT MEDITATION with FOCUS on the HEART

## DESK YOGA –SESSION 3

### 1. SEATED MEDITATION



#### Description

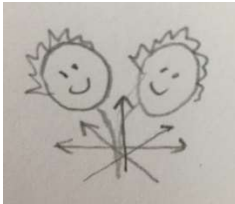
Sitting upright place one hand on your lower belly and the other hand on the heart. As you breathe long big breaths feel the rise of your hands as you breathe in and their fall as you breathe out. Allow yourself to slow down inwardly and bring your presence to the sensations of the moment.

### 2. PULLING EARS & NECK TWITCHES



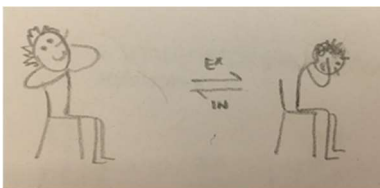
#### Description

Using your thumb and index finger pull your middle earlobes out to the side 4x. Pull the lower earlobes down lightly 4x and then the upper earlobes upwards 4x. To increase circulation to your face, the energy flow to the brain, creating awareness and decreasing stress.



Keeping the eyes closed, quickly twitch laterally the neck 2 times to the left, 2 to the right, 2 times diagonally to the left, 2 times diagonally to the right and 2 times up to the ceiling. Repeat it for 5 times then pause and focus on the vibrations around the neck and top of the head.

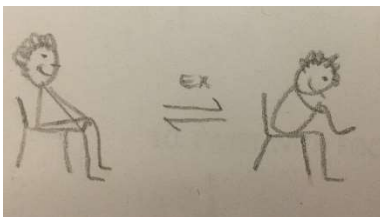
### 3. NECK & SHOULDERS STRETCH



#### Description

Place the hands behind your head (fingers touching), keep the neck and shoulders soft, inhale lift the chest upwards opening the elbows to the sides and slightly backwards and keeping the head supported. Exhale and let the elbows come forward and touch and stretch the upper back and space between the shoulderblades, dropping the chin to the chest. To mobilise and stretch the neck, shoulders, and upper back. To open the chest to counteract the hunching of desk work.

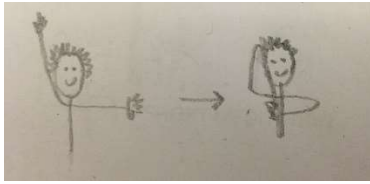
### 4. KNEE TO NOSE



#### Description

Place the hands on your knees or thighs, as you inhale lift the right knee towards your nose arching the back as you exhale release the knee down. Repeat 5x per side. To activate hip flexors after sitting for long time.

## 5. SEATED COW FACE (Gomukhasana)



### Description

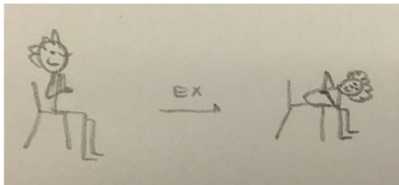
Inhale and swing the right arm to the side with the thumb facing down, move the arm back and bend the elbow placing the top of the hand onto the lower or middle back. Inhale the left arm up pointing the thumb towards the back, bend the elbow and reach down at your right hand or t-shirt. Keep lifting equally both sides of the chest. To open and stretch the chest, shoulders, armpits and triceps. Repeat 2-3x per arm

## 6. LATERAL MOVEMENT OF THE SPINE

### Description

Sitting upright move the upper spine laterally mobilising the thoracic spine and the sides of the ribcage releasing tensions and improving spaciousness in the chest area.

## 7. SEATED TWIST (with hands in prayer)



### Description

Place the palms of the hands touching in the middle of the chest. Inhale and lift the spine, exhale stretch forwards and to the right placing the left elbow in contact with the outer right knee. Stay for 2-3 breaths inhale lengthening forward and exhaling deeper in the twist. To mobilise the back and ribcage. Repeat on the other side.

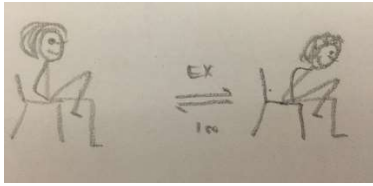
## 8. SEATED EAGLE POSE (seated Garudasana)



### Description

Cross the right leg over the left, open the arms to the sides and cross the arms in front of your torso with the left elbow above the right (back of the hands against each other if possible). Move the elbows away from your torso and upwards, keep the gaze forward and focus on the opening and stretch of the back. Repeat on the other side.

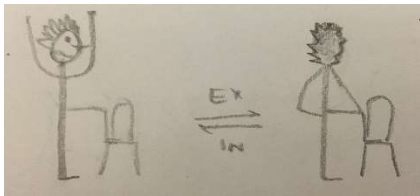
9. SEATED PIGEON (*Eka Pada Raja Kapotasana*)



Description

Sit on the edge of your chair. Bend the right knee and bring it up to the chest, flex the foot and place the ankle on top of the right knee/thigh. Keep the right hand on the knee for support and the left on the sole of the left foot. On exhale gently allow the right knee to drop towards to the floor by squeezing your gluts. If it's comfortable you can take a gentle forward bend. Stay for 2-3 breaths and repeat on the other leg. To stretch the outer hips and external rotators.

10. TWIST WITH FOOT ON THE CHAIR



Description

Place your right foot on the seat of the chair and right hand on your hip. Left hand on the back of the chair. As you inhale lift and lengthen your spine and as you exhale twist your torso to the right engaging your abdominals and using the hand on the chair to encourage a deeper twist.

11. SHORT MEDITATION with FOCUS on the HEART

## DESK YOGA –SESSION 3

### 1. SEATED MEDITATION



#### Description

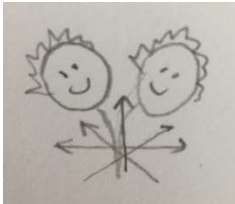
Sitting upright place one hand on your lower belly and the other hand on the heart. As you breathe long big breaths feel the rise of your hands as you breathe in and their fall as you breathe out. Allow yourself to slow down inwardly and bring your presence to the sensations of the moment.

### 2. PULLING EARS & NECK TWITCHES



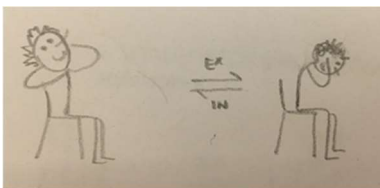
#### Description

Using your thumb and index finger pull your middle earlobes out to the side 4x. Pull the lower earlobes down lightly 4x and then the upper earlobes upwards 4x. To increase circulation to your face, the energy flow to the brain, creating awareness and decreasing stress.



Keeping the eyes closed, quickly twitch laterally the neck 2 times to the left, 2 to the right, 2 times diagonally to the left, 2 times diagonally to the right and 2 times up to the ceiling. Repeat it for 5 times then pause and focus on the vibrations around the neck and top of the head.

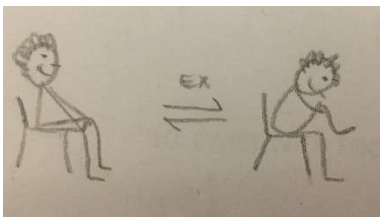
### 3. NECK & SHOULDERS STRETCH



#### Description

Place the hands behind your head (fingers touching), keep the neck and shoulders soft, inhale lift the chest upwards opening the elbows to the sides and slightly backwards and keeping the head supported. Exhale and let the elbows come forward and touch and stretch the upper back and space between the shoulderblades, dropping the chin to the chest. To mobilise and stretch the neck, shoulders, and upper back. To open the chest to counteract the hunching of desk work.

### 4. KNEE TO NOSE

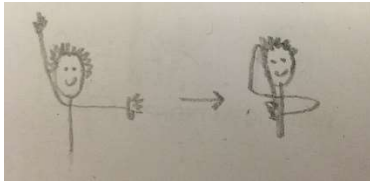


#### Description

Place the hands on your knees or thighs, as you inhale lift the right knee towards your nose arching the back as you exhale release the knee down. Repeat 5x per side. To activate hip flexors after sitting for long time.



## 5. SEATED COW FACE (Gomukhasana)



### Description

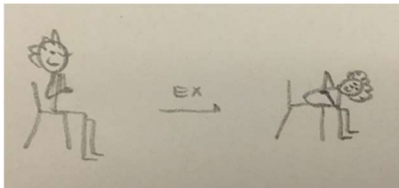
Inhale and swing the right arm to the side with the thumb facing down, move the arm back and bend the elbow placing the top of the hand onto the lower or middle back. Inhale the left arm up pointing the thumb towards the back, bend the elbow and reach down at your right hand or t-shirt. Keep lifting equally both sides of the chest. To open and stretch the chest, shoulders, armpits and triceps. Repeat 2-3x per arm

## 6. LATERAL MOVEMENT OF THE SPINE

### Description

Sitting upright move the upper spine laterally mobilising the thoracic spine and the sides of the ribcage releasing tensions and improving spaciousness in the chest area.

## 7. SEATED TWIST (with hands in prayer)



### Description

Place the palms of the hands touching in the middle of the chest. Inhale and lift the spine, exhale stretch forwards and to the right placing the left elbow in contact with the outer right knee. Stay for 2-3 breaths inhale lengthening forward and exhaling deeper in the twist. To mobilise the back and ribcage. Repeat on the other side.

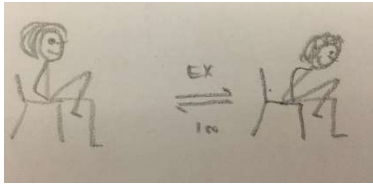
## 8. SEATED EAGLE POSE (seated Garudasana)



### Description

Cross the right leg over the left, open the arms to the sides and cross the arms in front of your torso with the left elbow above the right (back of the hands against each other if possible). Move the elbows away from your torso and upwards, keep the gaze forward and focus on the opening and stretch of the back. Repeat on the other side.

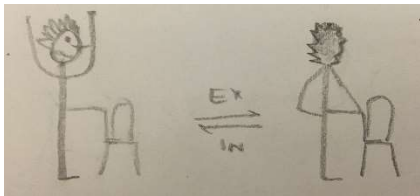
9. SEATED PIGEON (*Eka Pada Raja Kapotasana*)



Description

Sit on the edge of your chair. Bend the right knee and bring it up to the chest, flex the foot and place the ankle on top of the right knee/thigh. Keep the right hand on the knee for support and the left on the sole of the left foot. On exhale gently allow the right knee to drop towards to the floor by squeezing your gluts. If it's comfortable you can take a gentle forward bend. Stay for 2-3 breaths and repeat on the other leg. To stretch the outer hips and external rotators.

10. TWIST WITH FOOT ON THE CHAIR



Description

Place your right foot on the seat of the chair and right hand on your hip. Left hand on the back of the chair. As you inhale lift and lengthen your spine and as you exhale twist your torso to the right engaging your abdominals and using the hand on the chair to encourage a deeper twist.

11. SHORT MEDITATION with FOCUS on the HEART

## DESK YOGA –SESSION 3

### 1. SEATED MEDITATION



#### Description

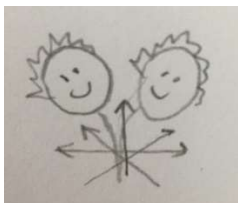
Sitting upright place one hand on your lower belly and the other hand on the heart. As you breathe long big breaths feel the rise of your hands as you breathe in and their fall as you breathe out. Allow yourself to slow down inwardly and bring your presence to the sensations of the moment.

### 2. PULLING EARS & NECK TWITCHES



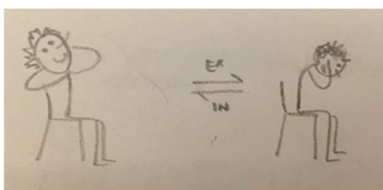
#### Description

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Keeping the eyes closed, quickly twitch laterally the neck 2 times to the left, 2 to the right, 2 times diagonally to the left, 2 times diagonally to the right and 2 times up to the ceiling. Repeat it for 5 times then pause and focus on the vibrations around the neck and top of the head.

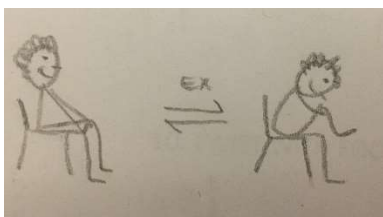
### 3. NECK & SHOULDERS STRETCH



#### Description

Place the hands behind your head (fingers touching), keep the neck and shoulders soft, inhale lift the chest upwards opening the elbows to the sides and slightly backwards and keeping the head supported. Exhale and let the elbows come forward and touch and stretch the upper back and space between the shoulderblades, dropping the chin to the chest. To mobilise and stretch the neck, shoulders, and upper back. To open the chest to counteract the hunching of desk work.

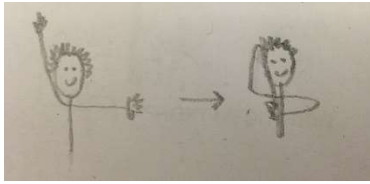
### 4. KNEE TO NOSE



#### Description

Place the hands on your knees or thighs, as you inhale lift the right knee towards your nose arching the back as you exhale release the knee down. Repeat 5x per side. To activate hip flexors after sitting for long time.

## 5. SEATED COW FACE (Gomukhasana)



### Description

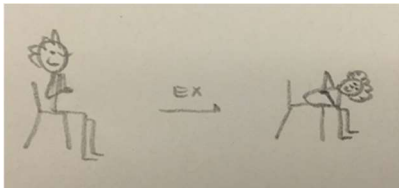
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## 6. LATERAL MOVEMENT OF THE SPINE

### Description

Sitting upright move the upper spine laterally mobilising the thoracic spine and the sides of the ribcage releasing tensions and improving spaciousness in the chest area.

## 7. SEATED TWIST (with hands in prayer)



### Description

Place the palms of the hands touching in the middle of the chest. Inhale and lift the spine, exhale stretch forwards and to the right placing the left elbow in contact with the outer right knee. Stay for 2-3 breaths inhale lengthening forward and exhaling deeper in the twist. To mobilise the back and ribcage. Repeat on the other side.

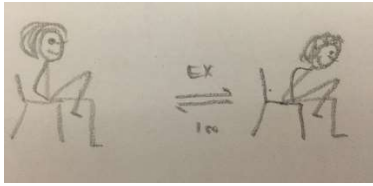
## 8. SEATED EAGLE POSE (seated Garudasana)



### Description

Cross the right leg over the left, open the arms to the sides and cross the arms in front of your torso with the left elbow above the right (back of the hands against each other if possible). Move the elbows away from your torso and upwards, keep the gaze forward and focus on the opening and stretch of the back. Repeat on the other side.

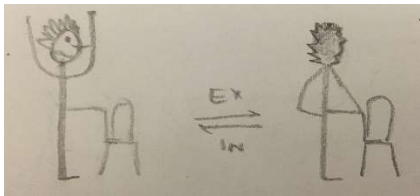
9. SEATED PIGEON (*Eka Pada Raja Kapotasana*)



Description

Sit on the edge of your chair. Bend the right knee and bring it up to the chest, flex the foot and place the ankle on top of the right knee/thigh. Keep the right hand on the knee for support and the left on the sole of the left foot. On exhale gently allow the right knee to drop towards to the floor by squeezing your gluts. If it's comfortable you can take a gentle forward bend. Stay for 2-3 breaths and repeat on the other leg. To stretch the outer hips and external rotators.

10. TWIST WITH FOOT ON THE CHAIR



Description

Place your right foot on the seat of the chair and right hand on your hip. Left hand on the back of the chair. As you inhale lift and lengthen your spine and as you exhale twist your torso to the right engaging your abdominals and using the hand on the chair to encourage a deeper twist.

11. SHORT MEDITATION with FOCUS on the HEART

## DESK YOGA –SESSION 3

### 1. SEATED MEDITATION



#### Description

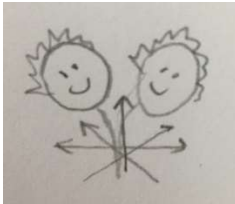
Sitting upright place one hand on your lower belly and the other hand on the heart. As you breathe long big breaths feel the rise of your hands as you breathe in and their fall as you breathe out. Allow yourself to slow down inwardly and bring your presence to the sensations of the moment.

### 2. PULLING EARS & NECK TWITCHES



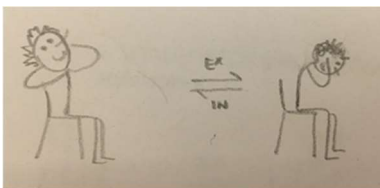
#### Description

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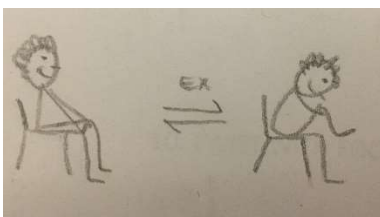
### 3. NECK & SHOULDERS STRETCH



#### Description

Place the hands behind your head (fingers touching), keep the neck and shoulders soft, inhale lift the chest upwards opening the elbows to the sides and slightly backwards and keeping the head supported. Exhale and let the elbows come forward and touch and stretch the upper back and space between the shoulderblades, dropping the chin to the chest. To mobilise and stretch the neck, shoulders, and upper back. To open the chest to counteract the hunching of desk work.

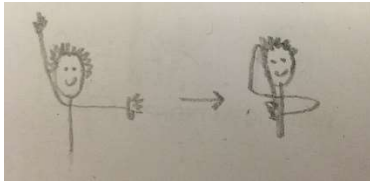
### 4. KNEE TO NOSE



#### Description

Place the hands on your knees or thighs, as you inhale lift the right knee towards your nose arching the back as you exhale release the knee down. Repeat 5x per side. To activate hip flexors after sitting for long time.

## 5. SEATED COW FACE (Gomukhasana)



### Description

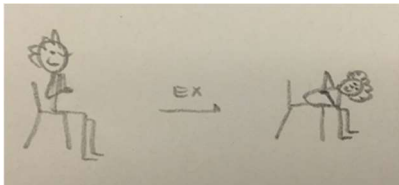
Inhale and swing the right arm to the side with the thumb facing down, move the arm back and bend the elbow placing the top of the hand onto the lower or middle back. Inhale the left arm up pointing the thumb towards the back, bend the elbow and reach down at your right hand or t-shirt. Keep lifting equally both sides of the chest. To open and stretch the chest, shoulders, armpits and triceps. Repeat 2-3x per arm

## 6. LATERAL MOVEMENT OF THE SPINE

### Description

Sitting upright move the upper spine laterally mobilising the thoracic spine and the sides of the ribcage releasing tensions and improving spaciousness in the chest area.

## 7. SEATED TWIST (with hands in prayer)



### Description

Place the palms of the hands touching in the middle of the chest. Inhale and lift the spine, exhale stretch forwards and to the right placing the left elbow in contact with the outer right knee. Stay for 2-3 breaths inhale lengthening forward and exhaling deeper in the twist. To mobilise the back and ribcage. Repeat on the other side.

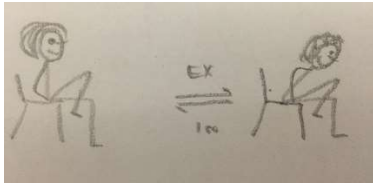
## 8. SEATED EAGLE POSE (seated Garudasana)



### Description

Cross the right leg over the left, open the arms to the sides and cross the arms in front of your torso with the left elbow above the right (back of the hands against each other if possible). Move the elbows away from your torso and upwards, keep the gaze forward and focus on the opening and stretch of the back. Repeat on the other side.

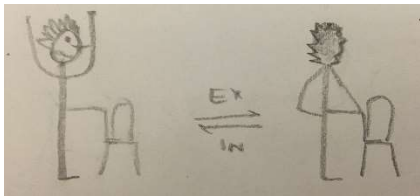
9. SEATED PIGEON (*Eka Pada Raja Kapotasana*)



Description

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10. TWIST WITH FOOT ON THE CHAIR



Description

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11. SHORT MEDITATION with FOCUS on the HEART



## DESK YOGA –SESSION 3

### 1. SEATED MEDITATION



#### Description

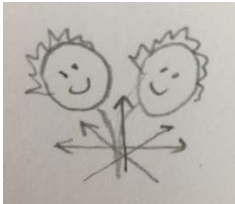
Sitting upright place one hand on your lower belly and the other hand on the heart. As you breathe long big breaths feel the rise of your hands as you breathe in and their fall as you breathe out. Allow yourself to slow down inwardly and bring your presence to the sensations of the moment.

### 2. PULLING EARS & NECK TWITCHES



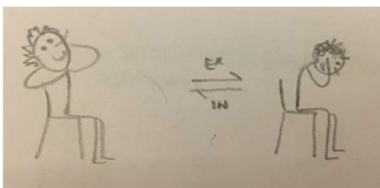
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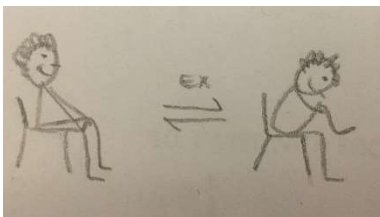
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#### Description

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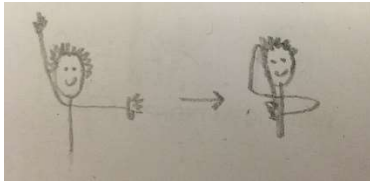
### 4. KNEE TO NOSE



#### Description

Place the hands on your knees or thighs, as you inhale lift the right knee towards your nose arching the back as you exhale release the knee down. Repeat 5x per side. To activate hip flexors after sitting for long time.

## 5. SEATED COW FACE (Gomukhasana)



### Description

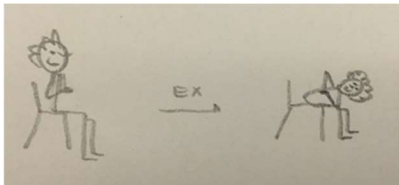
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### Description

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## 7. SEATED TWIST (with hands in prayer)



### Description

Place the palms of the hands touching in the middle of the chest. Inhale and lift the spine, exhale stretch forwards and to the right placing the left elbow in contact with the outer right knee. Stay for 2-3 breaths inhale lengthening forward and exhaling deeper in the twist. To mobilise the back and ribcage. Repeat on the other side.

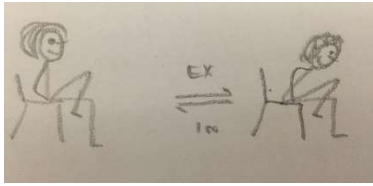
## 8. SEATED EAGLE POSE (seated Garudasana)



### Description

Cross the right leg over the left, open the arms to the sides and cross the arms in front of your torso with the left elbow above the right (back of the hands against each other if possible). Move the elbows away from your torso and upwards, keep the gaze forward and focus on the opening and stretch of the back. Repeat on the other side.

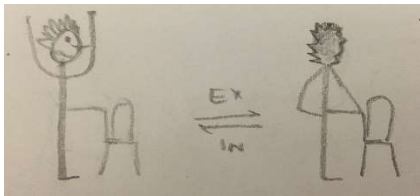
9. SEATED PIGEON (*Eka Pada Raja Kapotasana*)



Description

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10. TWIST WITH FOOT ON THE CHAIR



Description

Place your right foot on the seat of the chair and right hand on your hip. Left hand on the back of the chair. As you inhale lift and lengthen your spine and as you exhale twist your torso to the right engaging your abdominals and using the hand on the chair to encourage a deeper twist.

11. SHORT MEDITATION with FOCUS on the HEART