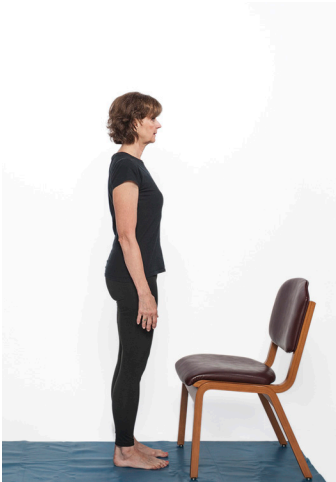


# Yoga on the go!

**8 easy poses you can do standing in your cubicle** | Hold poses for at least 3 to 5 deep breaths to release tension and stress. Do only as much as you can, comfortably.



## 1. Mountain

Bring your feet parallel with toes facing forward, about 4-6 inches apart. Engage your leg muscles and relax your shoulders back and down. Balance head over shoulders.



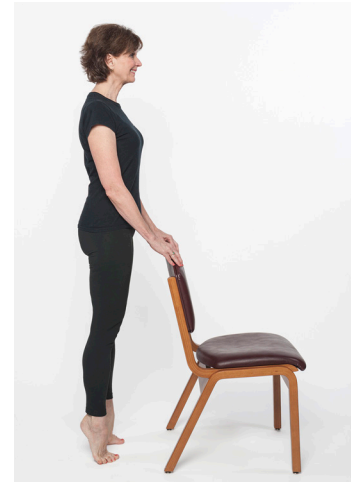
## 2. Extended mountain

From the mountain position, extend your arms up in line with your ears. Reach up through your fingertips while drawing your shoulders down into their sockets.



## 3. Chair pose

From the mountain position, bend your knees, engage your core and sit your tail back and down into a squatting position. Reach your arms forward or up. Keep head, neck and spine in a long line.



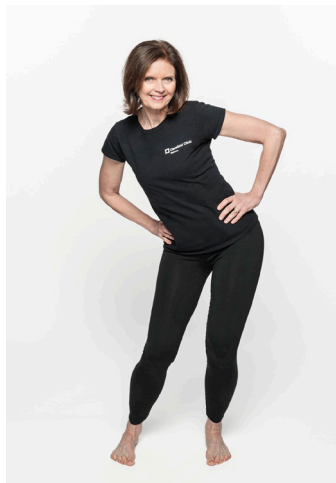
## 4. Press-ups

With hands on chair for stability, press up onto your tiptoes and try to hold. Repeat 3-5 times.



## 5. Easy back bend

Interlace fingers behind your head and let your head drop back into your hands. Press your elbows back and gaze upward.



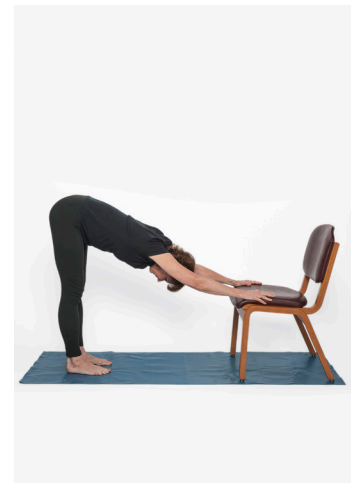
## 6. Hip circles

With your knees soft and feet shoulder-width apart, circle your hips 4-8 times in each direction.



## 7. Tree pose

Bring weight onto your right foot and focus your eyes in one place. Open your left knee to the left while placing your left foot on your right ankle, calf or thigh, not on your knee. Hands may be on the chair, up, down, or out to the sides. Repeat on the other side.



## 8. Down dog with chair

Place your hands on the seat or back of your chair, shoulder-width apart. Slowly walk your feet back until your arms extend straight out along your ears, and release your neck.

TANYA I. EDWARDS, MD, CENTER FOR INTEGRATIVE AND LIFESTYLE MEDICINE

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# Yoga on the go!

**8 easy poses you can do while sitting in your desk chair** | Hold poses for at least 3 to 5 deep breaths to release tension and stress. Do only as much as you can, comfortably.



## 1. Shoulder shrug

Inhale as you shrug your shoulders up to your ears. Exhale and release your shoulders down your back, and breathe deeply 3 to 5 times.



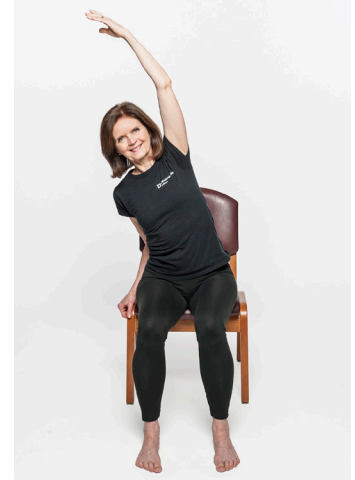
## 2. Fan pose

Sit forward, toward the edge of your seat. Reach both arms back, straighten your arms and lean forward, with your chest pressing your shoulders back gently.



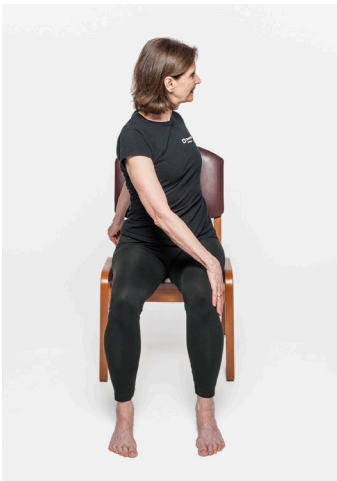
## 3. Rib circles

Circle your ribs around as if you are scraping the inside of a barrel with your ribcage. Repeat 4-8 times in each direction.



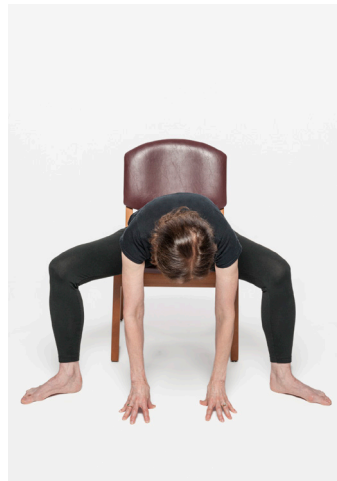
## 4. Side bends

Turn left palm up. Reach up and over with left arm while your right hand rests on the seat, and bend gently. Repeat on the other side.



## 5. Seated spinal twist

Cross right hand to your left leg, and place left hand behind you on the seat. Keep shoulder parallel to the ground and your spine long. Turn head to left. Repeat on the other side.



## 6. Wide-legged fold

Open your legs wide and slowly lean forward, draping the spine down and allowing your head and arms to hang. Come up slowly to release.



## 7. Hamstring stretch

Sit on the edge of your chair and extend your legs out in front of you (heels down, toes up). Hold the chair and lean forward with a long spine until you feel a healthy stretch in the back of your legs.



## 8. Sea Horse

Turn left sideways on chair. Hold backrest with left hand, plant left foot firm on floor. Hang right leg off chair not touching floor. Hold seat with your right hand. Lengthen spine, inhale lean backwards, exhale hold for 3 breaths. Reverse other side.

TAKE A FEW MINUTES TO SIT STILL AND BREATHE NATURALLY.

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