

Yoga for the Workplace:

Finding Calm, Strength, and Flexibility at Your Desk (or Anywhere)

Liz Bennett Atwood, MA, RYT 200

Meditation Resources

[Noisli](#)—Ambient sound and color generator

[UCLA Health Free Guided Meditations](#)—free meditations in both English and Spanish

[Headspace](#)—App with free intro 10 minute meditations. Subscription option.

[Omvana](#)—App with 25 free meditation tracks. Subscription option.

Yoga Resources

[7 Yoga Poses You Can Do at Your Work Desk to Relieve Stress](#) from DoYouYoga.com

[Office Yoga](#) from YogaJournal.com—a collection of articles related to chair yoga and counteracting “tech neck.”

[Three Breathing Exercises](#) by Dr. Andrew Weil

Yoga in the Workplace Series by Liz Bennett Atwood

Start in a **comfortable seated position**. Take a few breaths to settle in.

Breathing in thirds (bottom of lungs, middle, top of lungs, pause, exhale slowly)

Alternate nostril breathing (in through R, out through L, in through L, out through R)

Shoulder rolls

Neck rolls, followed by **neck stretches** to hold

Seated Cat/Cows

Half Moon R/L with back bend (cactus arms, chest moves toward ceiling as head moves back)

Sun Salutation A x 3 (inhale to extended mountain pose, exhale to back bend, inhale to extended mountain, exhale fold forward, inhale halfway lift, exhale fold, inhale to rise to extended mountain)

Eagle Arms R/L (or grasp opposite shoulders)

Wrist stretches and rolls

Cowface Arms R/L (<http://www.yogajournal.com/pose/cow-face-pose/>)

Calf Raises x 5

Toe Lifts x 5

Figure 4 forward then twist R/L

Sun Salutation B x 2 R/L (Exhale Warrior 2, inhale reverse warrior, exhale extended side angle, inhale reverse warrior, exhale warrior 2)

Sit to Stand x 3 (end standing)

Standing Thigh Stretches (grasp R foot, using L hand to hold chair for stability. Switch sides)

Chair Press/Scale Pose x 3 (press into chair to engage lower abdominals and lift, hold 3-5 breaths. Lift feet if you can)

Wide-leg Forward Fold with Chest Expansion (interlace hands behind low back, fold forward, letting arms come up and overhead)

Seated Spinal Twist with feet flat on floor

Table (extend legs, press into chair, push hips up and forward)

Return to a **comfortable seated position**.

4-7-8 Breathing (inhale for 4 counts, hold for 7 counts, exhale for 8 counts)

Guided Meditation (3-5 minutes)