

5 Yoga Poses You Can Do at Your Desk

1. **Scale Pose:** Sit at the edge of your chair, press your hands down on either side of your hips and raise your legs and butt up off the seat. Engage your deep abdominal muscles and keep the tops of your shoulders down; hold for 3 to 5 breaths. Lower and repeat 2 more times.



2. **High Alter Pose:** Inhale and lift your arms; clasp your hands and invert your palms. Lean to your left. Hold for 5 to 8 breaths, and then switch sides.



- 3. Twist:** Turn to your left. Use your left hand on the back of the chair to deepen the twist. Hold for 5 to 8 breaths, and then twist to the other side.



- 4. Cow Face Arms:** Bring your left arm behind your back and right arm behind your head. Clasp fingers if you can. Hold for 5 to 8 breaths; switch sides.



- 5. Ankle to Ankle:** Place your left foot on your right knee, letting left knee drop open. Keep your back straight; lean forward to stretch deeper. After 5 to 8 breaths, switch sides.



Source: <http://www.health.com/health/gallery/0,,20899500,00.html/more>

Tips Before Beginning Yoga

Breathing is very important in the practice of Yoga. When doing the exercises you want to take deep, slow breaths in and out.

- Exercises should be done slowly and with control.
- To gain the full benefit it is important that you focus and be in total control of yourself; your mind, body, and spirit.
- Take a few moments to just sit quietly before you start to gain concentration and focus.
- Be aware of your posture, your upper body should be straight and tall, yet relaxed.
- Yoga takes time to learn, you may need to do a few sessions before you become accustomed to the movements.
- Have fun and enjoy your time to relax and de-stress.

PLEASE NOTE: if you have any pre-existing health concerns relating to the neck, back or shoulders it is recommended that you check with your doctor prior to initiating this type of activity. As with any physical activity, if you experience pain or discomfort from these exercises you should discontinue the activity.

Source: HR University of Alberta