# YOGA AT YOUR DESK

Reduce stress  
Calm your mind  
Feel better  
Relax and stretch

Inspired by Kali ji’s TriYoga, the art and science of Yogaflow  
www.triyoga.com

## #1: YOGIC BREATHING/PRANAYAMA

- **Natural Breath**  
  - Observe your breath: its flow, depth, feel within  
  - Inhale and exhale through nose

- **Complete Breath**  
  - Expand breath to full capacity  
  - Inhale: fill low, mid, upper lung  
  - Exhale: draw tummy in to fully release breath

**Affirmation**  
I am relaxed in body and mind

**Tip:** Enhance your overall health, bring in more oxygen to the whole body, relax your nervous system and reduce stress. Yogic breathing can help when feeling anxious or nervous. Lessen fatigue, improve concentration and focus.

## #2: NATURAL ALIGNMENT

- **Complete breath**

- **Natural alignment**  
  - Maintains natural curves of spine  
  - Engages core muscles (back, seat, abs)  
  - Is antidote to slouching  
  - Breath flows easily

Inhale, feel spine lengthen. Exhale and relax, aaahh...

**Tip:** Yogic breath improves psychological well being, metabolism, and detoxes and oxygenates cells.

## #3: HEALTHY SPINE

- **Spinal rolls**  
  - Standing, roll down vertebra by vertebra, rounding down back to neck  
  - Seated rolls: Inhale, hands on thighs, gently arch back and look up. Exhale, round back, tuck chin to chest

- **Side stretch, seated or standing**  
  - Clasp hands and lift arms overhead  
  - Pull tummy in, stretch side to side

- **Spinal twist (seated)**  
  - Sit tall. Bring left hand to right outer thigh and twist. Repeat on other side.

## #4: RELAX YOUR SHOULDERS

- **Stress buster**  
  - Inhale, draw shoulders up to ears and make fist  
  - Exhale, squeeze in shoulder blade area and relax

- **Shoulder circles**  
  - Stand or sit with good posture  
  - Circle shoulders: forward, up, back and down

**Affirmation**  
Inhale peace, Exhale tension

## #5: WRIST STRETCHES

- **Wrist rotations**  
  - Sit or stand, circle wrists  
  - Massage hands and forearms

- **Finger stretch**  
  - Press each finger on desk (or use other hand) for a few seconds and release

- **Traction stretch**  
  - Interlace fingers with traction  
  - Flex one wrist, extend the other; (stretch in vertical and horizontal planes)
### #6: NECK STRETCHES, DO EVERY DAY

- Observe natural breath, sit straight, close eyes

- **Side stretch:** Gently lower right ear toward right shoulder, repeat on left

- **Rotation:** Turn head right and left, relax shoulders

- **Circles:** Slowly roll neck, in a circular motion; use range of motion best for you. Repeat in other direction

### #7: RELAX THE EYES

- Observe natural breath, sitting straight

- Keeping head still, look up and down several times

- Look right and left, and then on the diagonal

- Rub hands together to warm, cup lightly over eyes. Let muscles around the eyes relax

### #8: YOGIC PATH

- Garden Diet®: light, healthy, vegetarian, fresh

- Proper rest

- Proper prayer/meditation

- Proper exercise: yoga for a balance of strength and flexibility—a complement to whatever you do

- Positive attitude: let nothing or no one destroy your inner peace (keep practicing this one!)

**Note:** Yoga was introduced in the US in 1893 by Swami Vivekenanda. >20 million people in the US practice some kind of yoga, including yoga as medicine for stress reduction.

### #9: MINDFULNESS MEDITATION

With tens of thousands of thoughts daily, Yoga helps to control the thought waves of the mind...

- Observe natural breath: imagine breath as a wave-like flow

- Silent witness: simply watch emotions and thoughts flow by

- Feel awareness shift into present, let go of judgment to simply notice things

**Affirmation**

I am relaxed in the present, letting go of past stresses and future worries

### YOGA AT YOUR DESK

Consult a physician before beginning any exercise program. Try a yoga class best suited to your fitness level

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**RESOURCES**

www.triyoga.com  
www.yogaglo.com  
https://chopracentermeditation.com  
http://www.siannasherman.com/  
www.yogananda-srf.org