

### **Yoga at your desk**

If you are reading this article, you more than likely are sitting at your desk looking at the computer screen. Sitting at a desk all day is not that great for your posture. It is important every couple of hours to have some movement within the body. These simple exercises will give you an energy boost, will improve your concentration and even better they will only take 3-5 minutes to do. Remember to breath deep within each posture.

1. Begin by sitting on the edge of a chair with your feet placed squarely on the floor about hip distance apart. Place your palms flat on your thighs, and feel length in your spine, your head is balanced over heart, heart balanced over hips. Inhale and exhale evenly for five counts each. Repeat as many times as you'd like.
2. Inhale and lift your arms overhead, take hold of your left wrist with your right hand. On an exhalation, bend to the right. Stay there for three breaths. As you inhale, come back up to centre and change wrists. Exhale, and bend to the left. Stay there for three breaths. Inhale back up to centre the spine is lengthened. Exhale, release your arms.
3. Place your fingers on the shoulders and circle your elbows, inhaling up and exhaling down. Focus on the breath with the movement.
4. Move a little forward on your chair and take your arms behind your back interlacing the fingers, arms straight. Inhale; lift your chest, making a high backbend. Stay here and draw three full deep breaths into your body. As you exhale, release your hands.
5. Sitting in your chair straight find the length in your spine. On an exhalation, twist to the right. You can place your left hand on the outside of your right thigh and your right hand on the back of your chair. Include your head in the twist as well. Look over your right shoulder, move your eyes to the upper right corner of your eyes and then the lower right corner. Repeat this eye exercise two times. Then close your eyes as you untwist back to center. Repeat to the other side.

Wishing you wellness & happiness

Namaste



Complement your next meeting, event or your own workplace with sessions on yoga, wellbeing workshops, work/life balance, meditation and nutrition. Gabrielle can be contacted on 0417 396 332 or email [gabrielle@infinityyoga.com.au](mailto:gabrielle@infinityyoga.com.au) or for more information on our services visit our website [www.infinityyoga.com.au](http://www.infinityyoga.com.au)