

Take a Yoga break



DON'T JUST SIT THERE – STRETCH!



We just don't move as much as we used to. According to Public Health England we spend more than 7 hours sitting every single day. It's no surprise so many people report feeling stiff and achy – particularly in the neck, shoulders and back.

Ease away tension and aches with these simple yoga stretches at your desk or at home.

BREATHING PRACTICE



This easy breathing practice helps to calm your nervous system and help you feel more focused and relaxed.

- Close your eyes if that feels comfortable
- Count to 4 as you inhale – count to 8 as you exhale
- Repeat for 10 breaths

CAT COW

Release tension in your neck, back and shoulders

Lift your chest, arch you back away from your chair and lift your chin and stretch your head back just as far as is comfortable for your neck. Hold it for a count of 3. Drop your head forward as far as it feels comfortable. You may feel a release in the upper back and neck. Round your spine forwards. Hold for a count of 3.

Repeat the movement a few times to ease out your back and neck.



DOWNWARD DOG

Stretch your shoulders and the back of your legs

Stand facing the back of your chair for an easier stretch, or the seat for a more challenging stretch. Place your feet hip width apart and take hold of your chair back or seat with your arms parallel. Bend forwards.



SIDE STRETCH

Relieve tension down the side of your body and your shoulders

Rest your left hand on your lap. Lift your right arm up and over your head then lean over to the left side. Lift up and out of your hips so you don't collapse into your lower back. Relax your arm down. Repeat on the other side.



SEATED TWIST

Ease your back, shoulders and neck

Take your right hand to the back of your chair and your left arm across your body to hold on to the arm on the right side of the chair. Sit tall and then twist around to look towards your right shoulder. Twist in small movements to ease into any areas of tension. Hold for up to a count of 10. Repeat twisting towards the left shoulder.



CLOSE

Sit quietly focusing on your breathing for 10 breaths with your eyes closed if that feels comfortable.

