

Stretch @ Your Desk



Wrist Stretch
Pressing fingers towards nose



Neck Stretch
With option to add extra stretch with hand



Side Stretch
Reaching the fingertips up & over while rooting the feet & hips



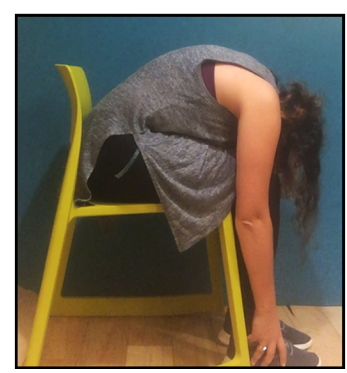
Spinal Twist
Inhaling for height, exhaling for release & rotation



Hip Opener
Pressing the knee towards the floor & flexing the foot



Cat/Cow
Moving the sternum forward and back, moving through opening the chest (inhale) & rounding the back (exhale)



Ragdoll Release
Draping the torso on the thighs, letting the head hang heavy and back of the neck be long

Tips for stretching (and long days of sitting)

- Keep the shoulders relaxed and dropped away from the ears
- Sit up straight by reaching the crown of the head towards the ceiling
- Ground the feet and heels into the floor evenly beneath the knees
- Breathe evenly and with focus - softening the gaze helps!
- **Give yourself the permission to take a few minutes of self care and refocusing. Even two minutes makes a difference!**