



## Pima County Employee Wellness Program

### DESK YOGA

For the stretches, begin with your feet flat on the floor, lengthen out your spine so that your hips, shoulders and ears are in a straight line up & down.

#### **"Cat/Cow" stretch:**

Slightly arch your back and look up slightly. Hold for a couple deep breaths. Then place your hands just below your knees, round out your back and drop your head and neck down. Hold for a couple more deep breaths. Repeat several times.



**Half moon:** Reach both arms straight up with your palms pressed together. Keep your shoulders down away from your ears. As you exhale reach your arms up and over to one side. Hold for a few deep breaths, return to the center and repeat in the opposite direction.



**Modified Pigeon:** Bring one foot up, and place the ankle just above the opposite knee. (Your knee does not need to point to the side.) Hinge slightly forward from the hips to deepen the stretch. Hold for 10 seconds then repeat with other leg.





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**Forward fold:** Lean forward and clasp hands together behind you. Fold all the way over your legs, letting the hands and arms come up. You can also drop the arms down to your sides. Let your head and neck relax. Hold for 10 to 30 seconds.



**Modified pyramid:** Extend one leg out in front. Keeping your back straight, lean forward and clasp both hands together behind your low back. Pull your shoulders back and down. Hold for 10 seconds. Repeat with other leg.



**“Prayer” stretch:** Sitting up straight in your chair, press your palms together in front of your chest with the finger tips pointing upwards. Slowly rotate your hands so that your fingertips point towards you. Hold for a few seconds then rotate your hands so that your fingertips point away from you and hold for a few seconds. Then rotate so that your fingertips point towards the floor. Hold for a few seconds.