Desk Yoga

Stress management is a hot topic for employers and employees alike. With a multitude of projects and deadlines on the go, de-stressing tips have to be quick and easy, or they fall by the wayside.

A little bit of desk yoga is a quick an easy way to solve a few problems:

* helps keep your blood circulating
* helps fight off post-lunch comas, brain fogginess
* helps improve efficiency at work
* gives the brain a break from sticky problems through increased blood flow - which can result in discovering a better solution, faster!
* stretches out tight muscles and joints, such as the lower back, neck and shoulders
* gives you a break from staring at a computer screen or being on the phone for too many hours.

Breathe through each pose, count 5 or 6 deep breaths and wait until you feel your muscle relax. Go gently and take your time.

Try these simple moves at your desk when you need a quick break. And don't worry about people wondering what you're doing, they'll likely be jealous that they're missing out on the benefits and want to join in!

DESK DOG

1. Stand with your hands flat on the surface of your desk, toes 3-4 feet away
2. Bending at your hip, imagine trying to get your head in line with your arms, keeping your back straight
3. Arms and legs are straight, but not locked
4. Breathe comfortably

SEATED PIGEON

1. Sitting tall, bend one leg so your foot rests on your other knee
2. Gently push your bent knee towards the floor
3. Intensify the stretch by leaning forward at this hip slightly
4. Perform stretches 1-2 times each side

CHAIR COBRA

1. Ensure your chair is immovable (against a wall)
2. Start with your hands on your chair, in a pushups position
3. With straight arms, gently lower your hips, keeping your glutes tight
4. Lengthen your spine, relax your shoulders, open your chest and breathe

le physique
HEALTH + FITNESS

Questions? We're here to help! Call us at 604 873-2255