

Office Yoga Routine

This playbook outlines a sequence of simple yoga exercises and stretches tailored for desk workers. The purpose is to alleviate the strain associated with extended periods of sedentary office work.

Step 1: **Preparation**

Clear a small space around your desk to ensure freedom of movement. Make sure you are wearing comfortable clothing that doesn't restrict your movements.

Step 2: **Neck Rolls**

Sit up straight in your chair. Gently drop your head forward and slowly rotate your neck in a circular motion. Do this five times clockwise and five times counter-clockwise.

Step 3: **Shoulder Shrugs**

Lift your shoulders towards your ears, hold for a few seconds, and then release. Perform this movement ten times to relieve tension in your shoulders.

Step 4: **Wrist Stretches**

Extend one arm out with the palm facing up. With your other hand, gently press the fingers of the outstretched hand down and back towards the body for a stretch. Hold for fifteen seconds and then switch hands.

Step 5: **Seated Twist**

In your chair, sit up straight and place your right hand on the back of the chair. Twist your torso to the right, hold for twenty seconds, then repeat on the left side.

Step 6: **Forward Bend**

Stand up and move back from your desk. Hinge at the hips and bend forward, reaching towards the floor. Hold the forward bend for twenty seconds to stretch your back and legs.

Step 7: **Chair Pigeon Pose**

While sitting, place your right ankle over your left knee, keeping the right knee relaxed. Lean slightly forward to deepen the stretch in your right hip. Hold for fifteen seconds and then switch legs.

Step 8: **Back Extension**

Sit on the edge of your chair and clasp your hands behind your back. Straighten your arms and lift your hands slightly to feel a stretch in your chest and shoulders. Hold for fifteen seconds.

Step 9: **Breathing Exercise**

Finish your routine by closing your eyes, placing your hands on your abdomen, and taking ten deep breaths. Inhale through your nose, feeling your abdomen rise, and exhale through your mouth as your abdomen falls.

General Notes

Frequency

Repeat this sequence or individual exercises throughout the day as needed, especially when feeling stiff or tense.

Mindfulness

Throughout all exercises, maintain awareness of your body and breath. Perform movements gently and do not push into pain.

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