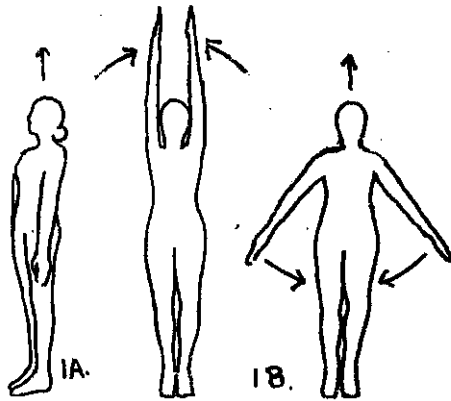


## Stretches for the Sedentary Office Worker

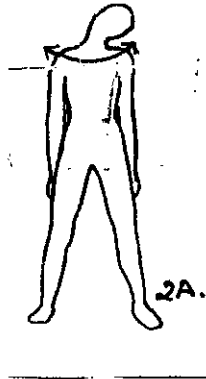


### **1A. Mountain Pose**

- feet parallel
- adjust pelvis to neutral position
- inhale, lengthening through crown of head
- shoulders widen as the chest expands
- exhale, releasing arms comfortably at your sides

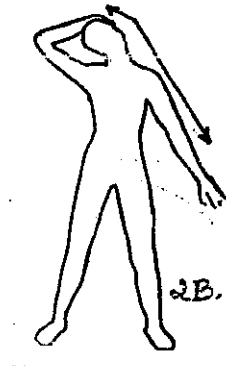
### **1B. Full Mountain Peak Stretch**

- feet parallel and hip distance apart
- inhale, reaching arms out to sides, while lifting up heels
- exhale, arms to sides, repeat



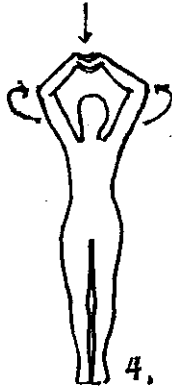
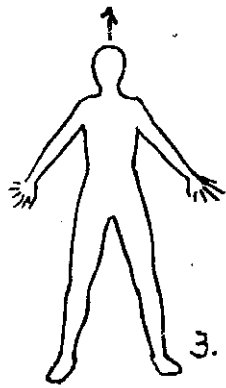
### **2A. Neck: Half Moon**

- feet parallel and hip distance apart
- exhale, chin to chest
- inhale, gliding rt. ear to rt. shoulder
- reverse to left side and repeat



### **2B. Neck: With Extended Arm**

- feet parallel and hip distance apart
- exhale, rt. ear to rt. shoulder, rt. hand on head, hold gently
- inhale, extend left arm away from body, 45 degrees, palm up
- exhale, rotating palm
- reverse and do other arm

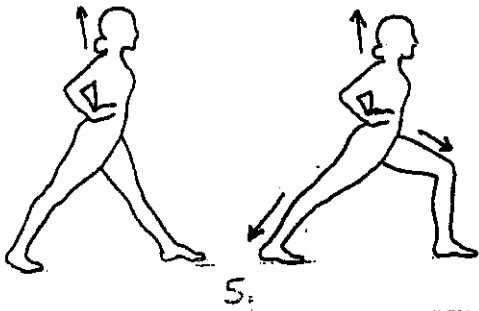


### 3. Wrist and Hand Releases

- a. fist circles with arms straight, both directions
- b. flop hands with arms straight
- c. flick fingers while bending elbows
- d. shake hands, arms, legs and whole body

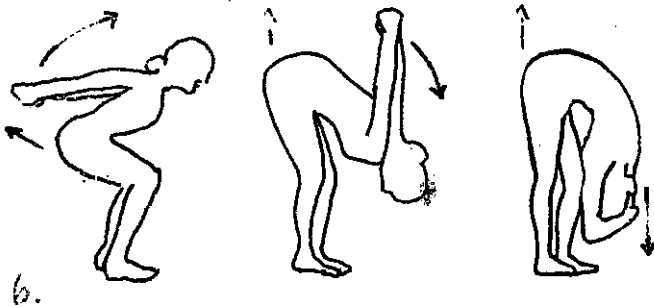
### 4. Warrior Arms

- a. feet parallel, hip distance apart
- b. interlace fingers above head
- c. push up while drawing shoulder blades back



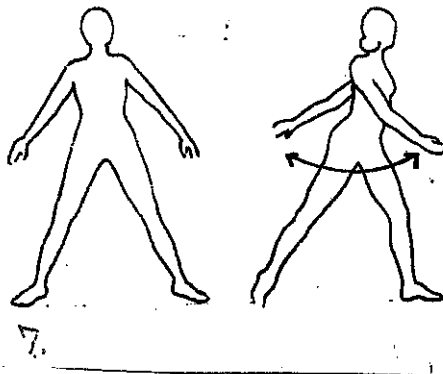
### 5. Half Lunge Calf Stretch

- a. feet parallel, hip distance apart
- b. hands on hips, inhale, take large step forward, lifting back heel
- c. exhale, bend front knee over ankle, lower back heel to floor
- d. reverse legs for other side



### 6. Forward Bend

- a. feet parallel, hip distance apart
- b. interlace fingers behind
- c. inhale, lifting arms as you bend at the knees
- d. exhale, bending forward from hip
- e. relax head, release towards floor
- f. arms reach toward ceiling
- g. unclasp hands and grab elbows
- h. alternate straightening legs
- i. roll up with knees bent, head comes up last



### 7. Swinging Twist

- a. spread feet wider than shoulders
- b. swing arms and torso to right, left heel comes off the floor
- c. swing back and forth, both sides