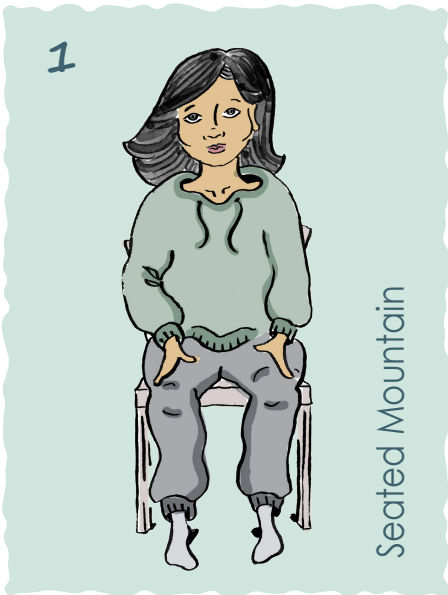
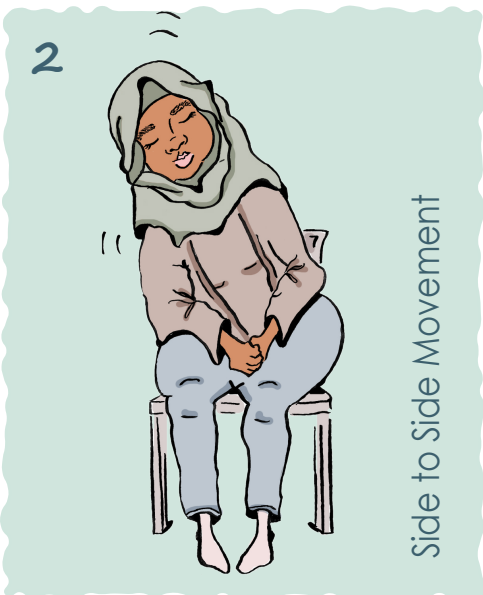


Using Yoga at Work

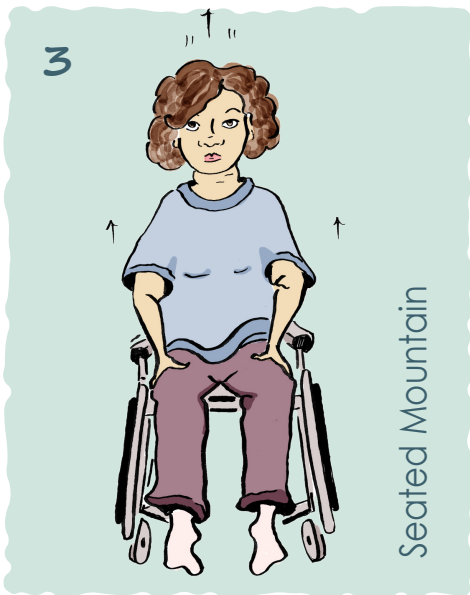
We invite you to experiment and find ways of incorporating breathing, mindfulness, grounding techniques and chair-based movement in your everyday work. You are welcome to choose which movements you try, how long you hold them, and when you take rest.



Seated Mountain



Side to Side Movement



Seated Mountain



Chair Cat Cow



Seated Spinal Twist



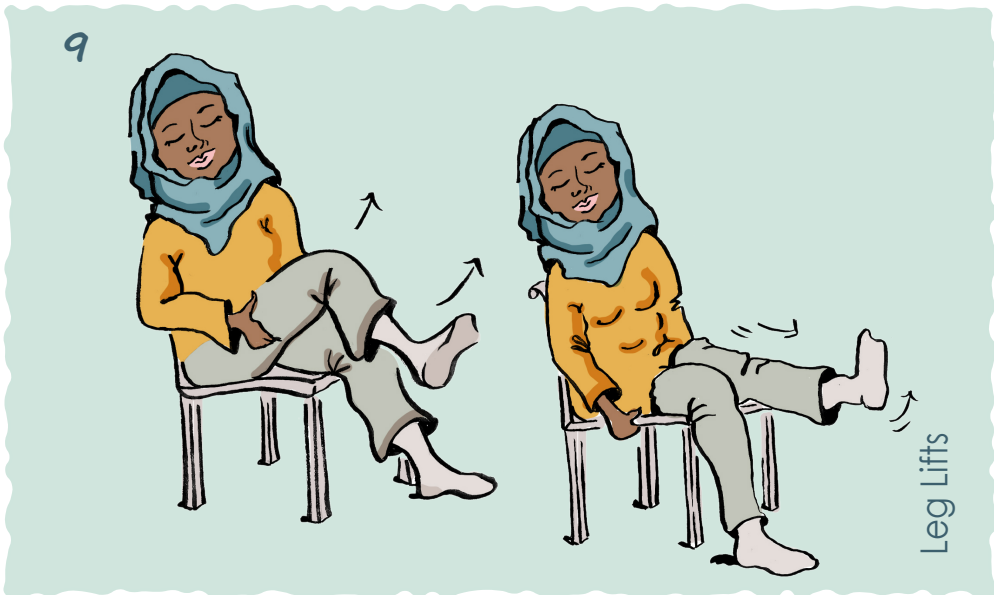
Seated Side Stretch



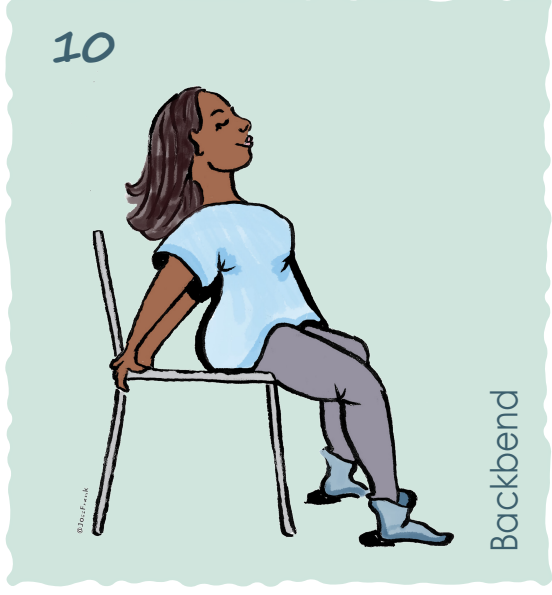
Shoulder Rolls



Seated Boat



Leg Lifts



Backbend



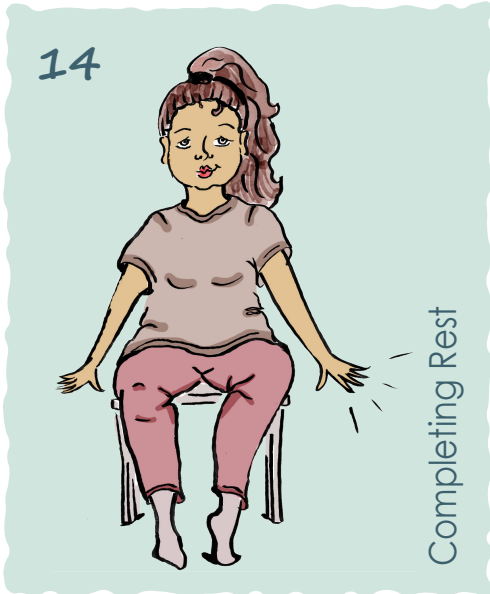
Forward Fold



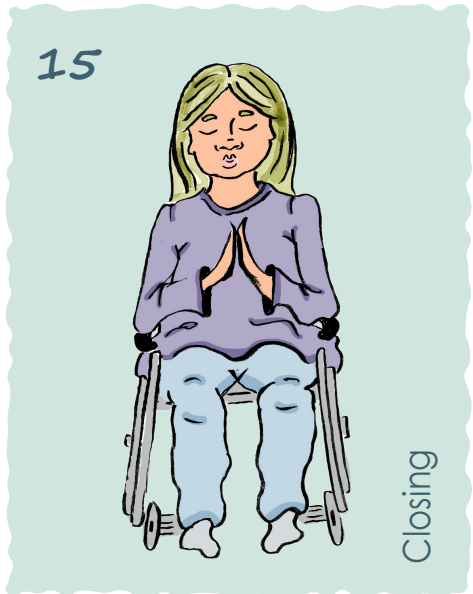
Breath Practice



Rest



Completing Rest



Closing