

# Ergonomics - Chair Yoga

## Neck Extension

From a neutral position in chair, exhale and look to the ceiling



## Side Neck Stretch

Inhale to neutral, exhale to side stretch. Repeat both sides.



## Neck Tuck

Inhale to neutral, exhale to tuck.



## Side Stretch

Begin by sitting sideways at the front of the chair with feet together. Raising both hands above your head lean sideways, placing the lower part of your on the desk. This stretch will be felt in your side (rib area). Hold for 10-30 seconds.



## Cow

Come to sit on a chair with the spine long and both feet planted flat on the floor.

On an inhale, arch your back and drop your shoulders.



## Cat

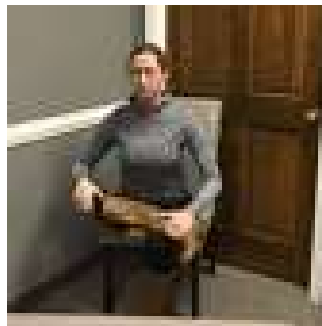
Come to sit on a chair with the spine long and both feet planted flat on the floor.

On an exhale, round your spine, letting the shoulder and head come forward.



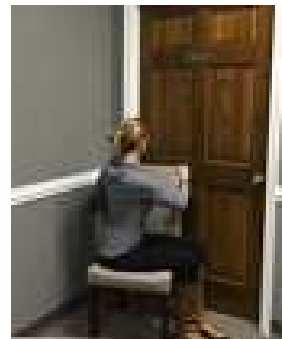
## Hip Stretch - Pigeon

Bring your right ankle to rest on your left thigh, keeping the knee in line with your ankle as much as possible. Hold three to five breaths.



## Torso Twist

Begin by sitting in chair with feet shoulder width apart. Cross the left foot over the right knee. The right hand should rest on the left knee and the left hand on the chair back. Twist your torso to the left and hold. This is a great stretch for the spine. Hold for 10-30 seconds. Repeat on the right side.



Please see our video on [www.balancedwellnessky.com](http://www.balancedwellnessky.com)

