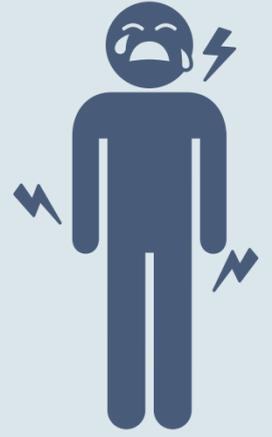


# DESK YOGA

BROUGHT TO YOU BY KIMBERLY KAYLER, FIND YOUR EDGE YOGA

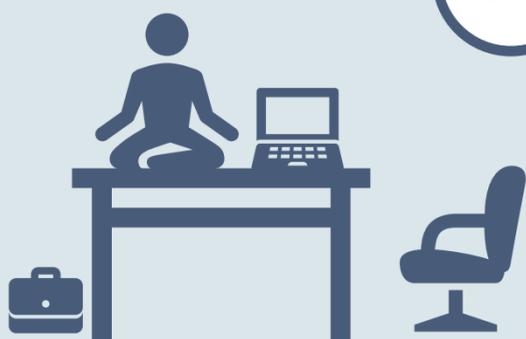
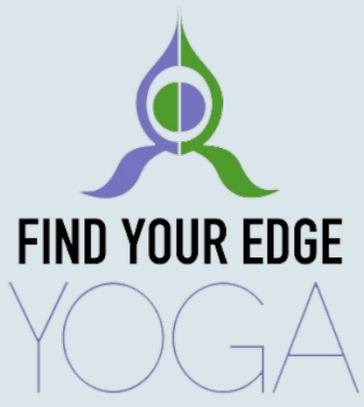
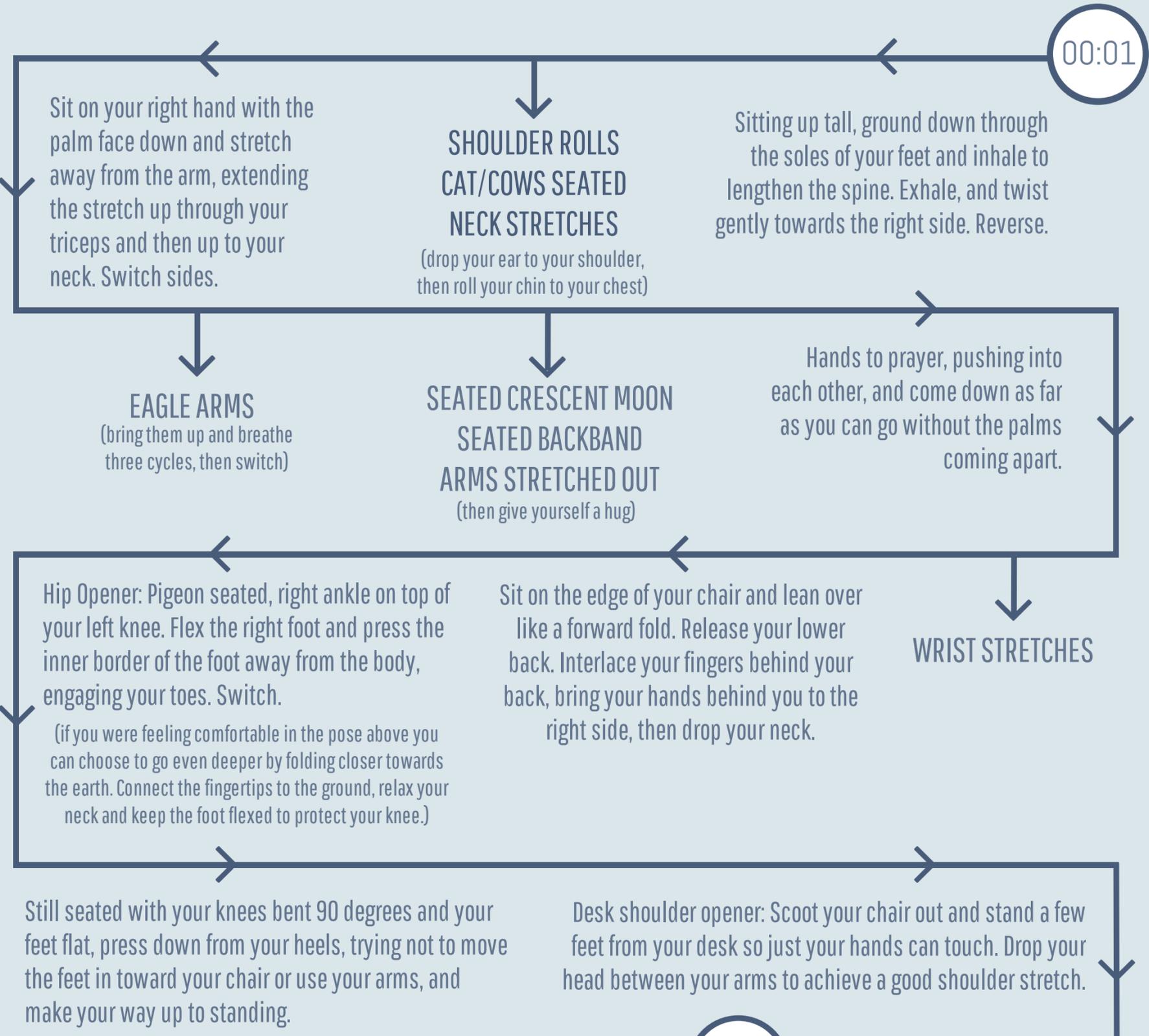
AS MUCH AS WE WANT YOU IN THE STUDIO ALL THE TIME, WE KNOW YOU NEED TO MAKE A LIVING! BUT ALL THAT SITTING HAS PROVEN TO SHORTEN YOUR HAMSTRINGS, CREATE LOWER BACK STRAIN AND TIGHTEN THOSE SHOULDERS.



HERE ARE SOME TIPS FOR STRETCHES YOU CAN DO AT YOUR DESK PERIODICALLY OR DURING A 10-MINUTE BREAK.

**SET UP:** Sit at the edge of your chair so your feet can be flat on the floor. Straighten your spine and sit up tall, just as you would in Tadasana at the top of your mat. >>>>

*Remember: be sure to stand and move a little. When we're seated all day, the underused glutes and hamstrings lose their motivation to help us get back up, and we rely on the upper back and even the neck to hoist the body to a standing position.*



10:00

DESK PLANK and CHATARANGA