

DESK YOGA

FOCUS: SHOULDERS, BACK & NECK

CAT COW

INHALE
to arch
back...



10 sec

EXHALE
to round
spine...



10 sec
2x

SEATED SPINAL TWIST

move
shoulders
down!



10 sec



10 sec
2x

INTERLACE FINGERS & ARCH BACK



10 sec
2x

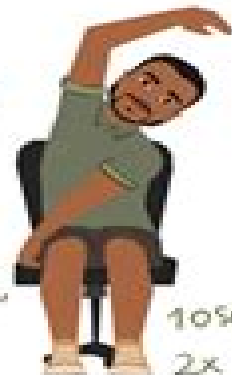
SIDE STRETCH



10 sec



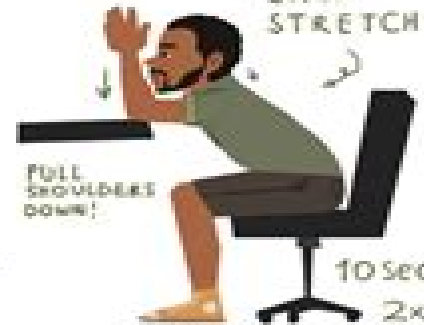
10 sec



10 sec
2x

UPPER BACK STRETCH

Full
shoulders
down!



10 sec
2x

BACK & SHOULDER STRETCH



10 sec

NECK + UPPER BACK STRETCH

Interlace fingers & push head down

Slowly transition to arched back



10 sec
2x

NECK STRETCH

Gently pull head to each side



10 sec



10 sec
2x

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Office Yoga

Marco Cascella



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