Desktop Yoga

Taking five minutes out to undertake some simple exercises can really help release tension and give you a break from your workstation. Try the exercises shown in this link but, be careful, only do what feels comfortable and stop if you feel any discomfort.

**Desktop Yoga**

**Neck**

**Neck Rolls**
- Drop your shoulders down
- Fix shoulders and take your ear to shoulder
- Roll chin to chest and take ear to other shoulder
- Repeat moving in the other direction
- Avoid dropping head backwards

**Shoulders**

**Shoulder Rolls**
- Roll shoulders up towards your ears
- Roll shoulders back/squeeze shoulder blades
- Roll shoulders downwards
- Roll shoulders forwards
- Repeat 3 times backwards. Repeat 3 times forwards

**Shoulder Shrugs**
- Lift shoulders to ears. Squeeze tight
- Exhale, ‘drop’ and ‘relax’
- Repeat 3 times

**Back**

**Arm Raise**
- Interlace fingers and turn hands, palm outwards
- Lift arms above head. Hold 3 breaths

**Elbow Circles (Upper Back Stretch)**
- Clasp back of the neck, elbows point forwards
- Scribe a gradually larger spiral with the elbow
- Keeping lower back and hips still

**Side Bends**
- Keep both sitting bones in contact with the chair, side bend to one side and then the other

**Forward Bend (Lower Back Stretch)**
- Sit on a chair, relax the body forwards and rest the chest and abdomen on thighs

**Spinal Twist**
- Lengthen and straighten spine
- Cross right leg over left and rotate right
- Cross left leg over right and rotate left
**Hands and Wrists**

**Wrist rotations**
- Bend thumbs into palms of hands and close fingers over them.
- Rotate fists in one direction and then the other

**Hand and wrist shakes**
- Open your fingers and shake hands and wrists

**Legs**

**Calf stretch and pump**
- Straighten one leg out in front
- Point toes away and stretch front of leg
- Pull back the toes, push into heel and stretch calf

**Hamstring stretch**
- Straighten out one leg
- Tilt pelvis forwards
- Lean forwards with chin tucked and spine straight
- Repeat on the other side

Finally, this link has simple breathing exercise which you may also find helpful.