3. SEATED PIGEON

Why Do I Want to Do This?
The pose opens up the hips, groin, hip flexors, thighs, which is the perfect antidote to hours of sitting.

The Move:
Scoot to the edge of your chair and cross the right ankle over the left thigh. Flex the right foot and gently press the right thigh toward the floor. Sit tall and take 5 breaths in this hip opener before switching sides.

4. SEATED SPINAL TWIST

Why Do I Want to Do This?
This pose is all about helping your back. Stretches your chest, low-back muscles, abdominals, releases tension and toxins, and just feels good.

The Move:
Come to the edge of your chair and keep both feet flat on the floor. As you exhale, twist to the right, holding the arm or back of the chair. Hold here for 5 breaths and switch sides.

TAKE A BREATH ... FOR YOU!

Practice breathing. The more you do it, the more you can use it when you’re under stress.

- Sit comfortably in your chair with both feet on the floor. Press your back into the chair.
- Let your eyes close or just rest.
- Check in with your breath. Notice how it feels to breathe in and out. Just notice, don’t try to change your breathing.
- Notice your body. If there are places in your body that feel tense, shift your attention to someplace in your body that feels less tense or even calm and relaxed. Connect to the calm place, feeling it in your body.
- Let your attention drift slowly from the top of your head all the way down, past your back, to feeling your feet on the ground.
- When you’re ready, turn your attention to the room around you. What do you notice in your body when you notice what’s around you?