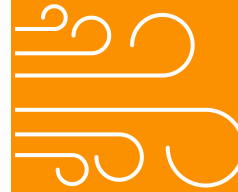


DAILY PRACTICE GUIDE

01 Stretch legs out.



02 Use the belt to stretch the leg.



Give yourself a two-minute break. Close your eyes and take a few deep breaths inhaling for 4 and exhaling for 4

03 Side stretch on chair.



Keep a bottle at your desk with room temp or warm water and sip throughout the day

04 Urdhva hastasana



05 Side bend.



Don't forget to take breaks. Move, go outside, dance. Get off your device.

06 Shoulder belt circles. Widen the hands on the belt as much as you need to extend the elbows straight.



Reach for healthy snacks like fruits, nuts. Avoid processed and fried foods.

07 Baddha Paschima Namaskarasana - Roll the shoulders back and open the chest.



08 Gomukhasana



Stiff back from sitting in one place all day? Use your chair as a prop to stretch out your lower back, hips and shoulders.

09 Ardha uttansana, Extend the legs and arms to extend the back.



10 Twist in the chair.



11 Place the eye pillow over your eyes with your eyes closed. Or place your forehead on your desk. Focus on your breath.

