Just Breath

Sit upright on the chair. Relax the whole upper body, then place a hand on the belly. Feel the movement of the breath with your hand. Relax more and more with each exhalation. Now continue breathing through the nose with Ujjayi

Concentration

Bring the palms together in front of the chest and spread the fingers apart. Bring your thumbs to your chest and breathe with Ujjayi. Then stretch your hands up while your shoulders stay relaxed. Stay here for 5 breaths.

Computer Back

Take a deep breath and stretch your arms over your head. Bring your palms together, interlock your fingers, and turn the palms toward the ceiling. Try to create the maximum distance between the shoulders and the wrist. The back is straight and the pelvis is slightly tilted forward. Now stretch to the left and hold the stretch for 3 breaths, and then to the right for 3 breaths. Your back will love this exercise if you spend a lot of time in front of the computer.

Grab a New Idea

Stand with your feet at hip wide. Then move your right arm up, pick a new idea and lift your left heel at the same time. Then reach up with your left hand and lift your right heel. Pick at least 10 new ideas.

Loosen Up Those Shoulders

Sit with your spine erect, and then stretch your right arm upward, angle your forearm down and put your hand on your back. Now bring your left arm back and bend it so that the back of your hand is on your back. Now try to get your hands together or your fingertips touching. It is enough to let your hands rest on your back, if this is to challenging. You might want to hold a ruler, a pen or a scarf with both hands, in order to get a connection between the hands. Hold the position as long as it is comfortable for you, and then do it in the other direction.

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Open Up Your Chest

Put your hands, forearms and elbows on the table and push the chair back. Inhale, stretch your arms and relax your head between your arms with the out-breath. Stay here for 5 breaths before coming back up. You might want to open your legs to give more room for the belly.

Release Upper Back Tension

Stretch both arms in front of your and turn the palm upwards. Cross your left arm over the right arm (as much as you can). Bend both arms and turn the palms outward. Then let the left hand make a circle around the right hand and put the palms together (best you can). Now, breath in and lift both arms, and breath out and lower both arm, bringing the arms and chin to the chest. Repeat the movement 5 times, and then change the position of the arms (right arm over left).

Quick Massage for the Back

Stand up. Put your hands on the table. Breath in, and look to the ceiling, and breath out and look to the belly button. Repeat the movement 5 times.

Roll Your Neck
Sit with your spine erect on a chair. Breathe in and out 2-3 times. Then take a deep breath in, and exhale bring the chin to the chest. Inhale and bring your head back to the center. Exhale, turn your chin towards the ceiling. Inhale, come back to the middle. Exhale, look over your right shoulder. Inhale, come back to the middle. Exhale, look over your left shoulder. Inhale, come back to the middle. Exhale, bring your chin back to your chest, and then begin to rotate your head. Gently and slowly rotate your head clockwise, noticing any tension in the neck area. If you feel a contraction of tension, then stay here and breath a few times in and out. 2 rounds clockwise and 2 rounds anti-clockwise.

Power Pose
Stretch your arms away from the body parallel to the ground. Turn your fingers upwards. Imagine you are trying to push the walls away from you on each side and reach the maximum distance between the two hands here. Keep breathing. Now move your arms further back pulling your shoulder blades together, and come back to the center. Make a fist, and rotate your hands in both directions.

Invigorated Body

Find a strong, upright pose - feet parallel to each other. Take a few deep breaths, relaxing your mind and body with each exhalation.

First, place your hands on top of each other like a little bowl in front of your abdomen (palms open to the ceiling) and breath deep in and out.

Then inhale and lift your hands with the breath till you reach your chest (imagine you are lifting all the tiredness out of the body)

Now turn the palms facing away from the body, and with an out-breath stretch the arms (imagining, you are pushing the tiredness out of your body).

Turn the palms towards the body, and with an in-breath bring the hands back to the chest (imagine you are pulling fresh energy back to your body).

Finally turn the palms downwards and with an outgoing breath bring the hands down (spreading the fresh energy in your body).

Again, turn the palms upwards and continue with round 2.

Repeat the exercise 5-7 rounds.

DESK-YOGA

Give Your Body and Mind a Break

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