twist YOGA
Resources

5 minute yoga break

Try at your desk!

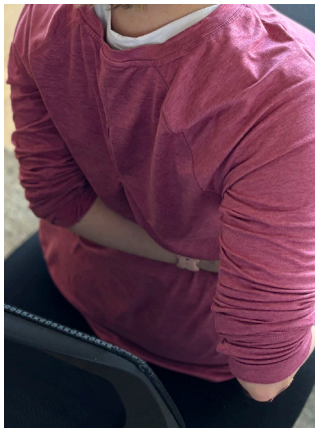
Before beginning this or any movement program, please seek approval from your physician. By joining, you are voluntarily participating and accept and assume any and all risks. Twist Yoga and it's employees are not liable for any injury sustained during this practice.

1 SEATED CAT COW

- Sit tall at the edge of your chair.
- Place hands on chair or interlace fingers overhead.
- Inhale to arch the back and lift your heart.
- Exhale to round the back and drop your chin.
- Repeat 5 -10x.

2 NECK RELEASE

- Clasp your hands behind your pelvis - use a scarf if your hands don't reach.
- Open your chest and lift your chin.
- Return to neutral spine: send your knuckles to the right side of your waist, lean your left ear toward your left shoulder. Take 3-5 breaths.
- Switch sides.



3 RAGDOLL

- Stand, set your feet hip width apart, neutral spine.
- Bend knees and fold your torso over your legs Grab opposite elbows.
- Optional sway and take as many breaths as you would like here.

5 minute midday yoga break

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4 DOWNWARD FACING DOG

- Hands come to your desk or the back of your chair.
- Step back about a torso length.
- Fold forward until your torso is parallel with the floor, stretch the side torso and shoulders.
- Take a few breaths, inhale through the nose and exhale out mouth.

5 SEATED TWIST

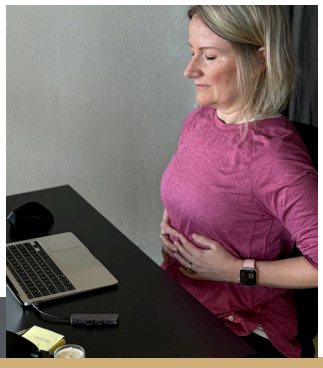
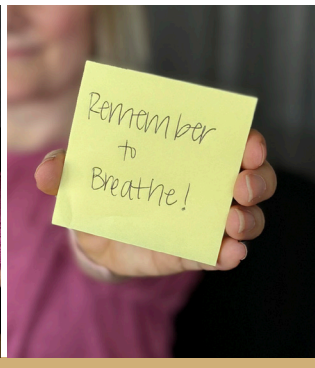
- Sit on the edge of your seat with a long spine.
- Right hand to left thigh, twist for three breaths.
- Left hand to right thigh, twist for three breaths.

6 SEATED PIGEON

- Cross right ankle over left knee, fold torso forward a little or a lot.
- Hands can support knee and foot or lay on top of.
- Stay for 20 seconds or more.
- Switch sides and repeat.

7 BREATHE

- Three expansive breaths with open mouth exhale.
- Set intention for your day and offer gratitude to yourself fortaking time.

Questions? hello@twistyogaedmonds.com

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