Standing Back Arch

Place your chair at the desk, so it’s stable. Stand about a foot from the chair, with your feet hip distance and parallel. Press your feet down and stretch up through your thighs. Move your thighs away from the chair and then lift the sides of your waist and your ribs and your chest. Place your hands on the chair. Come up onto your toes and come forward to place your thighs on the chair. Take your tailbone toward the chair as you resist your thighs away from the chair. Press your hands into the chair and again lift the sides of your chest up. Take your shoulders back and draw the shoulder blades forward to open your chest more. Lift and expand your chest. Take your tailbone in and lift your breastbone up. Keep your neck long, and look gently forward and up. To come out of the pose, press your hands to the chair and return to standing.

Seated Twist

Sit with the right side of your body facing the chair. Have your feet firmly planted on the floor, hip distance apart. Inhale, lift, and open your chest. As you exhale, begin to revolve to face the chair. Place your hands on the chair. Revolve your abdomen toward the chair. Inhale, lift up through your breastbone and as you exhale, revolve your chest to face the chair. Breathe. Let go of any tension in your shoulders, your throat, your jaw. On your next inhalation, lift your breastbone up, and as you exhale, look over your right shoulder. Stay there and breathe. On your next exhalation, return to center. Sit with your left side facing the chair, feet on the floor, hip distance. As you inhale, extend up through the sides of your waist, your ribs, and your chest. Lift your breastbone towards the ceiling. Begin to turn to face the chair. Revolve your abdomen, then your waist, your chest. Stay there while you breathe. Let go of any tension in your shoulders. Inhale, and as you exhale, revolve the chest towards the chair. On your next inhalation, lift your breastbone up toward the ceiling, and as you exhale, turn to look over your left shoulder. Observe your breath. On your next exhalation, return to center.

Seated Shoulder & Back Twist

Interlace your arms in front of you, holding opposite elbow with opposite hand. Inhale, stretch your arms forward and up over your head. Extend your elbows up toward the ceiling, as you stay firmly planted in your seat. Circularly rotate your arms to the right and return to center. Again, remain firmly seated in your chair as you extend up through your elbows, creating space in your armpits. On your next exhalation, begin to revolve your arms to the left. Breathe steadily as you slowly move your arms in a circle. Bring your arms up overhead. Exhale, bring your arms in front of your chest, and change the interlace of your elbows. Inhale your arms up to the ceiling. Extend your elbows up to stretch the sides of your torso and to create openness in your arms, and then slowly begin to revolve your elbows to the right in a circle. On your next exhalation, begin to revolve your arms to the left. Slow, steady movement that releases tension in the shoulders. Return to arms overhead. Extend up through your elbows, open your armpits, and exhale your arms forward and down.

Seated Eye Exercises

Sit comfortably in your chair. Head stationary, look to your right, and then to center. Look to your left, and then to center. Stretching the eyes, look to the right, and back to center. Then to the left, and back to center. Rest your eyes a moment. Look to the ceiling. Look to the floor. Keeping the head stationary, look toward the ceiling and then to the floor. Come back to the center and rest your eyes a moment. Relax the eyes and soften the eyes. Breathe. Look toward the ceiling and circularly look toward your right, and down and around toward the floor. Up and around toward your left. And then all around the arc toward the ceiling. Once again, look toward your right, and down around to the floor, up and around towards your left, and up towards the ceiling. Close your eyes and soften your eyes, and breathe. We’ll reverse directions. Look toward the ceiling, feel the eyes stretch, make an arc around towards your left, down toward the floor, and around towards your right, and then up towards the ceiling. Once again, slowly move your eyes around towards your left, and down and around towards the floor, keeping your head stationary, around towards your right, and up and around toward the ceiling. Now, close your eyes. Relax your eyes. Rub your palms together and then rest your eblows on your knees, and let your eyes rest over your hands, uncapped finger tips. Observe your breathing. Let the warmth of your hands relax the muscles of your eyes, and breathe.

Seated Wrist & Finger Exercises

Use your left hand to press gently into your right thumb, extending and stretching the thumb. Press to the index finger, extend and stretch the index finger. And now to the middle finger, extend and stretch. To the ring finger, extend and stretch. And to the baby finger, extend and stretch. Now, with your right hand, press into your left thumb. Press the thumb back and extend. Move to the index finger, and press back through the index finger and extend. To the middle finger, press back and extend. To the ring finger, press back and extend. And now to the baby finger, press back and extend. Stretching each of the fingers individually, and now release your hands to your thighs and breathe. Inhale, bring your left arm up. Press down through your hand, flexing your hand and wrist, and then bring your fingertips to the ceiling, extending up through your fingertips. Go to your right hand, flex the hand, drawing the fingers towards you and then press the hands back, extending your fingers towards the ceiling and back. Place your hands on your knees. Breathe.

Seated Shoulder & Back Stretch

Stay firmly planted in your seat. Inhale your arms to the “T” position. Lift your breastbone up, and stretch and extend out through your fingertips. Turn your right palm up and place the hand on the back of your head. Turn your left palm to the wall behind you, and place the hand at your low back. Stay here a moment and breathe. Relax your abdomen and soften your throat. Slowly begin to slide your left arm up your back towards your shoulder blades. Begin to lift your top elbow towards the ceiling, and slide the hand down towards your neck. Gently ease the finger tips toward each other, but don’t strain. Observe your breath. Is there any place you’ve created tension? Allow your breath to dissolve that tension. Extend your right arm up and out into the “T” position. Return your left arm to the “T” position. Lift your breastbone, extend out through your fingertips. Exhale, place your hands on your knees. Inhale, bring your arms to the “T” position. Lift up through the sides of your chest and extend out through your fingertips. Turn your left palm toward the ceiling and feel the stretch in the arm. Bring that hand to the back of your head. Turn your right palm to the wall behind you, and bring the back of the hand to your lower back. Stay here a moment and breathe. Stretch your left elbow toward ceiling and now slowly begin to slide your right hand up your back. As you stretch your left elbow toward the ceiling, begin to slide your left hand down your back. Bring your fingertips towards each other, but don’t strain or force. Stay in the position and breathe. Let go of any tension in your jaw or throat. Relax your abdomen. Again, ease your hands just a bit closer to one another, and stay there and breathe. Extend your left arm up to the ceiling and back to the “T” position. Release your right arm out into the “T” position. Extend strongly through your fingertips and lift and open your chest. As you exhale, place your hands on your legs. Breathe.

Seated Waist Stretch

Place your chair the distance of your arms from the desk. Sit forward on your chair. Bring your feet wide apart—wider than the legs of your chair. Take a moment to observe your breathing. Place your thumbs at your hip creases and roll the thighs out. Point the center of the thigh and knee at the center of the foot. With the top of your thumbs, roll your thighs out as you exhale and extend forward. Keep your knees pointing at your feet. Stretch your arms forward on your desk. Keep your buttock buns grounded on the chair, and elongate the sides of your torso out of your pelvis. Bring your elbows between your knees with your palms facing and touching. As you press your knees apart, stretch your breastbone forward. Continue to keep the middle of your thigh, knee and foot aligned. For a deeper stretch, place your hands on the floor and walk your hands forward, as you lengthen the sides of your torso. Breathe. Walk your hands back in. place your hands on your knees. Inhale. Come to sitting.

Seated Hip Stretch

Sit solidly on your chair, a couple of feet from your desk. With your feet apart, and your knees bent. Use your hands to lift your inner right knee. Roll the thigh out, and place your right foot on top of your left knee. Use your hands to roll your thigh out and to take your right hip down. If you feel strain in your knee, do this pose with both feet on the floor. Place your hands on your desk, press down on your hands and lift and lengthen the sides of your torso. Inhale, and as you exhale, slide your arms forward and rest your forehead on the desk. If it’s more comfortable for you, rest your head on folded arms. Stay in the pose and breathe. This pose stretches the outer right hip. Breathe through that stretch. Let go of tension in your abdomen and hip. As you relax forward on the desk, let go of any tension in your shoulders and in your jaw. Inhale, come to sitting. Support your right knee with your hands and place your foot on the floor. Lift your left inner knee and roll the thigh out as you place your foot on your opposite knee. Take your thumb and roll your left thigh and hip out. Breathe. Place both hands on the desk. Press down with your hands and elongate the sides of your waist, your ribs, and your chest. Keep your buttocks firmly planted on your chair and your torso long. On your next exhalation, slide your arms forward to rest your head on bent arms on the desk. Experience your breathing. Release your outer left hip and allow your abdomen to soften. Let go of any tension in your shoulders as you exhale. Relax your neck and soften your eyes. Inhale, come to sitting. Support your left knee and place your foot on the floor.

Seated Shoulder, Forearm, & Wrist Stretch

Interlace your hands in front of your chest. Feel your inhalation and as you exhale, stretch your arms forward in front of you. Press out through your palms and stretch your arms. Inhale, stretch your arms up overheard toward the ceiling. Press your palms up toward the ceiling, and feel the extension in the sides of your chest. Relax your abdomen, relax your throat, and breathe. On your next exhalation, lower your arms in front of you, and bring your hands back to your chest. Change the interlace of your hands, with your opposite thumb and index finger on top. Inhale, and as you exhale, stretch your arms forward in front of you. Press out through your hands and stretch your fingers. Inhale, take your arms overhead, and press your palms toward the ceiling. Feel the nice, long extension you get in the sides of your body. Again, soften your abdomen. Let go of any tension in your jaw and your throat. Breathe. Exhale, bring your hands forward in front of you, and release them onto your legs.

Seated forearm stretch

Stay firmly seated in your chair. Inhale and bring your arms to the “T” position. Keep your breastbone lifting and chest opening as you stretch out through your fingertips. Slowly bring your fingertips toward the ceiling as you press out through the heel of the hand. Continue to press out through the heel of the hand as you draw your fingertips back toward you. Lift your breastbone and open your chest as you breathe through the stretch. Inhale. As you exhale, bring your hands, palms facing over your chest. Bring your fingers to touch each other, press your hands into each other, and pull down on your hands as you lift your breastbone up and breathe. Keep pressing your hands together, keep lifting your breastbone up. Lift your hands slightly, spread the fingers, extend the fingers, and pull down on the hands as you lift the breastbone up. Breathe. On your next exhalation, release your hands and place them on your legs.

Seated Neck Exercises

Sit solidly in your chair. Lift and expand your chest. On your next inhalation, lift your breastbone and as you exhale look over your right shoulder. Return to center. Inhale, and as you exhale, look over your left shoulder. Breathe. Return to center. Inhale, as you exhale, look over your right shoulder. Return to center. Look to your left, and return to center. Lift your breastbone, keep your chest open, as you exhale, lower your right ear to your right shoulder. Now, turn the nose to point at the shoulder, and now make a large arc to point the nose at the ceiling. Return your nose to your shoulder. Bring your right ear to your shoulder. Inhale to center. Breathe. Again, inhale, lift your breastbone up. As you exhale, take your left ear to your left shoulder. Now turn your nose to point at the shoulder. Now, bring the nose up to point at the ceiling. Along the same path, bring the nose to the shoulder, the ear to the shoulder, now back to center. Breathe.

Seated Pelvic Tilt

Sit forward on your chair with your feet on the floor. Place your hands on your hips. Rock gently forward and feel your back arch. Rock the pelvis gently back, and feel the spine gently round. Don’t overdo this action. Suddenly roll forward and back. As you roll back, feel your abdomen relax back into the pelvis. As you roll forward, feel your breastbone lift and your back arch. Suddenly roll forward and back. Let the movement get smaller and smaller until you find the center of your buttock bones. Bring your hands beside you on the chair. As you exhale, press down through your hands and buttock bones, and inhale stretch up your abdomen, your waist, your ribs, and your chest. Move your shoulders back, as you move your shoulder blades forward into the body to open your chest. Lift you breastbone. Align your hips, your shoulders, and your ears. Soften your abdomen. Relax your throat. Let go of any tension in your eyes, and breathe.

Seated Shoulder Opener

Place a book in front of you and move your chair slightly away from your desk. Hold the book between your hands and place your elbows on the desk with your forearms perpendicular. Press your palms firmly into the book, and extend back through your armpits and your side chest. Slide back with your chair. As you slide back with your chair, extend the sides of your torso and open your armpits and breathe. If possible, bring you ears between your arms. Slowly come back to sitting and place the book back on the table.

Standing Quadricep Stretch

Stand in front of you chair, with the back of your chair facing to the left. Place your left hand on the chair. Bend your right knee and place the foot on the chair. Bring the knee slightly towards you, hold your ankle, and then draw the knee back away from the chair. Keep the knee close to the midline. As you draw the knee back away from the chair, bring your tailbone in, and lift your breastbone up and breathe. Feel the stretch in the front your thigh. Bring your knee forward and place the foot on the chair. Lower the foot on the chair. Reverse the chair so the back of the chair is to your right. Bend your left knee and place the foot on the chair. Breathe. Bring your knee slightly towards you, hold your left ankle, and draw the knee back away from the chair to stretch the front of the thigh. Keep the knee close to the midline of your body as you move the knee back. Draw your tailbone in and lift your breastbone. Bring your knee slightly forward, towards your chest, and place the foot on the chair. Lower the foot to the floor.

Standing Shoulder & Chest Stretch

Stand with your feet hip distance and parallel. Press down through your feet and draw your thighs up and back. From that foundation of your feet and legs, lift and open your chest. Move your shoulders back, as you firm your shoulder blades in to further open your chest. Bring your arms behind you and hold your right wrist with your left hand. Extend your arms down as you lift your breastbone up. Keep the openness in your chest and breathe. Slowly begin to walk your hand up your arm until you reach your elbow. Roll your shoulders back and maintain the lift and openness in your chest. On your next exhalation, bring you right hand to hold your left elbow. Breathe. Lift your breastbone up and broaden your collarbones. Let go of your left elbow. Walk your hand down to your wrist and release your arms to the side. Again, recharge your legs, and lift and open your chest. Bring your right hand to hold your left wrist. Stay there a moment and breathe. Roll your shoulders back and lift your shoulders up. Let go of any tension in your jaw and your throat. Now, slowly begin to walk your hand up your arm towards your elbow. Hold your left elbow with your right hand. Breathe. Swing your left hand up to hold your right elbow. Observe the stretch in your shoulders. Keep your feet pressing down, your thighs drawing up, and lift your breastbone and open and expand your chest. Release your left hand. Walk your right hand down to the wrist and release your arms.

Standing Shoulder & Hamstring Stretch

Come to standing in front of your desk. Have your feet hip distance and parallel. Place your hands on your desk, shoulder distance. Spread your palms and extend your fingers and begin slowly to walk back. As you walk back, bend from your hips and lift your buttocks towards the ceiling. Press your feet down and draw your thighs up and away from your desk. As you draw your thighs away from your desk, continue to stretch your arms and feel the length in the sides of your torso and chest. Keep your ears between your arms and allow your shoulders to open. Bend your knees, inhale, and walk into standing.

Seated Shoulder Stretch

Sit solidly on your chair with your feet flat on the floor. Bring your right hand to your left shoulder. Now, bring you left hand to your right shoulder. Slowly tip toe your fingertips around the back body towards your shoulder blades. Stay there and breathe. Gently lift your breastbone up, but continue to relax your abdomen. Feel the stretch in your outer shoulders and breathe to that stretch. Inhale, lift your breastbone up. As you exhale, look over your right shoulder. Inhale, come back to center. Keeping your breastbone lifted, inhale, and as you exhale, look over your left shoulder. And then return to center. Release your hands and place your hands on your knees. Place your left hand on your right shoulder and bring your right hand underneath to hold your left shoulder. Walk your fingertips back your back towards your spine. Go only as far as it’s comfortable for your body. Lift your breastbone up and feel the stretch in your outer shoulders. Keep the breastbone lifting, and as you exhale, keep your breastbone lifting, inhale, and as you exhale, look over your right shoulder. Return to center. Again, lift your breastbone, inhale, and as you exhale, look over your left shoulder. Return to center. Release your arms and place your hands on your knees. Stay firmly planted in your chair and inhale, bring your arms up, shoulder level. Extend out through your fingertips. Now, turn your palms to the ceiling. And again, extend out through your fingertips. Inhale, lift your breastbone toward the ceiling, and as you exhale, bend your elbows and bring your hands towards you. Bring your arms toward each other and join your arms with your palms facing you. Without losing the connection of the arms to each other, lift your arms toward the ceiling. Stay there and breathe, and feel the stretch in your outer shoulders. Lower your elbows slightly and place your right elbow under the left elbow. Stack the elbows. Stay here and breathe. Swing your right hand up, until the back of your hands face each other. Stay there and breathe. Lift your elbows level with your shoulders or as high as you can comfortably go without strain. Stay here and breathe. If it’s comfortable for your body, you can bring the palms to face each other. Press the hands together and lift your elbows up. Lift your breastbone, but keep your throat soft. As you soften your throat, observe your abdomen. Allow your abdomen to soften and become quiet. Release your arms and place your hands on your knees. Take a moment to feel the warmth in your shoulders. Observe your breathing. Inhale, bring your arms shoulder level in front of you. Stretch fully through your fingertips. Turn your palms up and extend out through your fingertips. Bend your elbows and bring your palms towards you. Move your arms towards each other to join at the elbows and wrists. Maintain that connection of your arms as you lift your elbows as high as it’s comfortable for your body. Stay there and breathe and experience the stretch in your shoulders. Lower your elbows slightly. Place your left elbow under your right elbow. Stay there a moment and breathe. Slowly, use your left elbow to lift your right elbow up. Now, swing your left hand so the back of the hands come close to one another or touch. Eventually, you may join your palms. Press your hands into one another and lift your elbows towards the ceiling. Lift your breastbone up and broaden your collarbones. Let go of any tension in your jaw and let your throat become soft. Relax your abdomen. Breathe. Release your arms and place your hands on your knees.

Seated Posture Awareness

Take a break from your day and sit quietly in your chair. Observe how you’re sitting. Do you roll your shoulders forward and collapse your chest? Are you holding your breath? Place your hands on the chair beside you. Hold the chair with your hands. Place your feet hip distance apart. Take a moment to stretch your toes and to plant your feet firmly on the floor. Now, use the grip of your hands to lift and extend the sides of your body. As you lift up through the sides of your body, lift your breastbone up. And now, take a moment to observe your breathing.

Seated Forward Bend

Sit comfortably upright in your chair. Be the distance of your arms from your desk. Place your hands on your desk. Extend your legs one at a time, hip distance apart. Stretch out through your heels to stretch the back of your legs. Press down through your hands and lift the sides of your waist, ribs, and chest. Walk your hands forward. Keep the extension in your legs and the extension in the sides of your torso, and breathe. Maintain the extension in your legs, fold your arms, and rest your head on top of your folded arms. Breathe. Experience the stretch in your legs. Press down through your arms, inhale, come to sitting. Again, extend your hands forward on your desk. Stretch your legs. Extend out through your hands and lift and extend the sides of your torso. Rest your head on top of your folded arms. Breathe. Let go of any tension in your shoulders, your jaw, your throat, and breathe. Press down through your arms. Inhale. Come to sitting.

Seated Relaxation

Sit with your feet hip distance apart and parallel. Allow your buttocks and thighs to be fully supported by the chair. Let the back be fully supported by the back of the chair. Place your hands palms down on your thighs. Feel the earth beneath your feet. Feel the support of the chair. Observe your breathing. Inhale, and as you exhale, let go of tension. Experience gravity bringing you stability and grounding. From that grounding, inhale and experience the freedom in your breath. As you exhale, release any tension in your forehead. Soften your eyes. Relax the upper eyelids down towards the lower eyelids. Relax the top of your nose towards the tip of the nose. Let loose in your jaw, in your throat, in your lips, and your gums. Feel your breath. Soft, slow, steady inhalation. And with a soft, steady exhalation, let loose in your shoulders, your elbows, and your wrists. Be empty of effort in your shoulders, your arms, and your hands. Relax your hips, your knees, and your feet. As you inhale, feel the spaciousness in your body. As you exhale, completely let go. Soft inhalation. Slow, steady exhalation. With your next inhalation, recall your intention to return to work with receptivity and ease. Be fully present and alert. And at the same time, relaxed and at ease.

Seated Side Stretch

Inhale your arms up overhead, palms facing. Sit solidly in your chair. As you inhale, lift up through the sides of your torso, and extend from your elbows up through your wrists, up through your fingertips. Take hold of your right wrist with your left hand. Again, sit firmly in your chair and as you inhale extend up through the right side, lifting the wrist with your left hand. Exhale, lift and extend up through the right side of your torso and exhale gently to your left. Stay firmly planted in your chair as you extend through the entire right side of your body. Up through your arm, up through your wrist, up through your fingertips. Inhale, come back to sitting. Release you wrist and now hold your left wrist with your right hand. Sit firmly in your chair as you extend up through your left arm. Exhale, to your right. Stay firmly planted in your chair as you extend your waist, ribs, and chest. Extend from your elbow through your wrist and fingertips, and breathe. Inhale, return to center. Release your wrist. Exhale, bring your hands to rest on your thighs.

Seated Forward Bend

Sit in your chair facing your desk. Be the distance of your arms way from the desk. Bring your feet wider than the legs of you chair. Inhale, stretch your arms up overhead to lengthen and extend the sides of your torso from your waist, up through your ribs, up through your chest. Lift and extend up through your arms to open the armpit area. Breathe. Keep your buttocks firmly placed on the chair, exhale forward and rest your head on your arms on your desk. Keep the lift in the sides of your torso and your buttocks firmly planted on the chair and exhale forward and rest your head on your arms. Breathe. Be aware of your inhalation and be aware of you exhalation. Let each breath dissolve tension in your shoulders, in your neck, and in your head. With each inhalation, allow yourself to be replenished. With each exhalation, allow your breath to dissolve tension throughout the body. Let go in your jaw and soften your throat. Soften and relax your eyes. Press down through your arms, inhale, and come to sitting. Extend your arms up overhead and then rest your hands on your knees.

Seated Shoulder Shrugs

Keep your arms relaxing on your legs as you lift your right shoulder towards you ear. Continue to relax your arms on your legs. Exhale, release your shoulder down. As you inhale, lift your left shoulder up towards your ear. And as you exhale, release that shoulder down. Inhale both shoulders towards your ears. Now, stay there and breathe. Exhale, release your shoulders down. Now, slowly and gently roll your shoulders forward. And now reverse the direction and roll your shoulders back. Return your shoulders to neutral.

Seated Neck & Shoulder Exercises

Inhale, extend your arms into the “T” position. Extend fully from your elbows to your wrists to your fingertips. Stay firmly planted in your chair and lift your breastbone toward the ceiling. Inhale, and as you exhale, look over your right hand. As you look over your right hand, stretch firmly through your left fingertips. Inhale, return to center. Inhale, and as you exhale, look over your left hand. As you look over your left hand, stretch strongly through your right hand. Lift your breastbone and now return to look straight ahead. Return your hands to your thighs. Observe your breathing. Feel the space inside your body. Relax your jaw and relax your throat. Close your eyes and let your eyes become soft as you breathe.

Standing Forward Bend

Stand with your feet hip distance and parallel. Press down through your feet and draw your thighs up and move your thighs back. Place your hands on your waist. Lift your waist, your ribs, your armpits, away from your hands. And move your shoulders back, as you draw your shoulder blades forward and lift your breastbone. Now, take your hands behind you, palms facing, and then interlace your arms. Extend your arms and roll your upper arms out. Roll your shoulders back. Lift your breastbone up. Inhale, and as you exhale bend your knees and come forward the amount that’s comfortable for you. As you bend forward, lift your arms up. Stay there and breathe. Feel the stretch in your shoulders. Now, lift up through your arms as you inhale and come up to standing. Keep your knees bent. Notice the interlace of your hands. Which thumb is on top? Bring your hands to your waist. Again, press down through your feet and lift up through your chest. Move your shoulders back and draw your shoulder blades forward to open your chest. Lift your breastbone. Bring your hands behind you, interlacing your hands in the opposite way. Again, roll your shoulders back and extend through your arms. Inhale, and as you exhale, bend your knees and come forward. Let your head hang. Keep your knees bent. Now, lift and extend your arms to get a nice stretch in your shoulders. On your next inhalation, lift through your arms to pull yourself up to standing. Straighten your knees and stand in the upright position. Observe your breath. Feel the warmth in your shoulders. Let go of any tension in your jaw and throat, and breathe.