Desk Yoga
Five part awareness

Posture awareness - no need to change anything just notice without judgment as if looking at someone else with a sense of interest.

Body, Mind, Mood - if possible close eyes, notice what is going on. Thoughts, bodily sensations & emotions. Acknowledge and note even if unwanted - don't try and change it, just be aware.

Breath awareness. Gently direct your attention to the breath, each in and out breath. Noticing movement in the torso. The breath can act as an anchor to bring you in to the present.

Expanding - expand the field of awareness from your breath in the torso so that it includes a sense of your body as a whole. Creating a sense of the whole body breathing.

Returning. Bring your attention back to your posture and be aware of your body, opening the eyes if they were closed.

Desk based tips

Eyes - following the thumb and 20/20/20 - if working on computer direct your gaze away from the screen - 20 ft in front every 20 minutes for 20 seconds.

Neck - gently tilting the head - right ear to right shoulder - left ear to left shoulder - chin to chest, slowly semi- circling to shoulders then back to centre.

Shoulders - rolling shoulders and shrugging shoulders to the ears, hold breath then sharp release of breath and shoulders - trying to co-ordinate movement with the breath.

Hands - circling wrists - stretching and gripping fingers.

Back - Extending through the spine shoulder blades together on the in breath and then curling into "c" shape chin to chest and tucking tail bone under. Gentle side bends to left and right. Gentle twist keeping naval forward growing tall through the spine and looking over the shoulder.

Legs and hip - crossing right leg over left thigh (avoiding the knee) and left over right.

Feet and ankles - circling foot at the ankle - pointing and flexing feet.

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