

*Wellness at the
Workplace*



CHAIR YOGA

GUIDE



CITTA YOGA

Chair yoga provides a sequence of simple exercises to do at your desk when you need to take a break during the workday. It teaches you how to stretch different parts of the body to alleviate tension from sitting all day.

Be sure to take movement breaks once every hour, even just for a minute or two!

Pick a pose to do and be sure to take some deep breaths in and out of the nose while doing them.

Enjoy!





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WRIST STRETCH & ROLLS

HELPS TO AVOID CARPEL TUNNEL

Stretch your arm out straight with your fingers pointing up and your palm facing away from you.

Bend your fingers back with your opposite hand until you feel a stretch in your wrist. Take 3 deep breaths, then switch to the other arm.

Take 3 deep breaths, then make fists and roll your wrists in both directions.



SHOULDER STRETCH WITH CACTUS ARMS

OPENS THE CHEST AND SHOULDERS

Open both arms out to the sides like cactus arms, bending at the elbow with hands pointing up.

Take the shoulders up and gently release them back and down.

Pull the elbows back, trying to pinch the shoulder blades together.

Take 5 deep breaths into the chest.

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SHOULDER SHRUGS

ALLEVIATE SHOULDER PAIN

Sit up tall in your chair with both feet planted on the ground.

On an inhale, lift shoulders up towards ears. Exhale take them back and down.

It should be like doing a big circular rotation backwards with your shoulders.

Repeat 3-5 times.



NECK STRETCH

REDUCE NECK PAIN

Note: The neck is very sensitive, so be very gentle with any neck stretches. You should never feel pain in yoga. Back off or eliminate the pose if it causes discomfort.

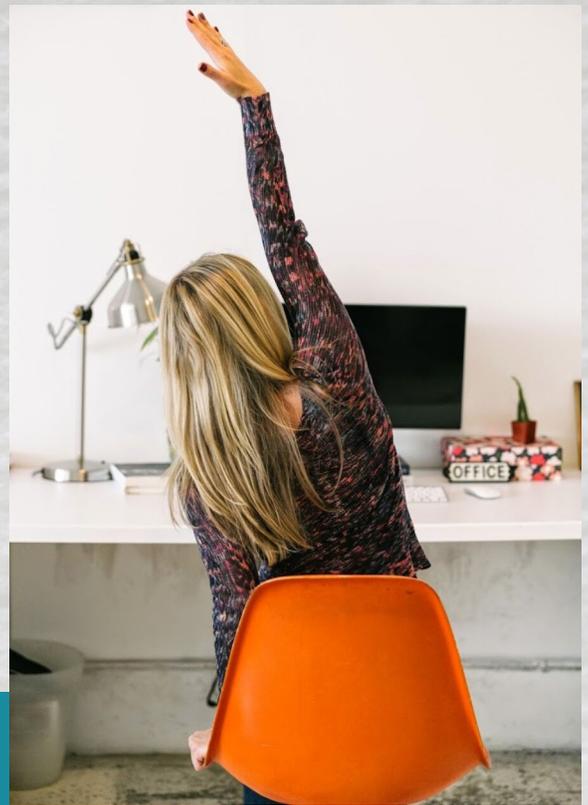
Sit with both of your arms dangling straight down at your sides. Inhale, then exhale as you **GENTLY** take your right ear towards your right shoulder as you pull your left hand down towards the floor.

You should feel a gentle stretch through the left side of your neck & shoulder. Take 2 breaths and switch sides.

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SIDE STRETCH

IMPROVES LUNG FUNCTION

Sit up tall in your chair with both of your feet planted on the ground.

Grab the armrest with your right hand. Inhale as you raise your left arm up and over your head. Take 3 breaths, breathing into the space in between your ribs on the left side.

Switch sides for 3 breaths.



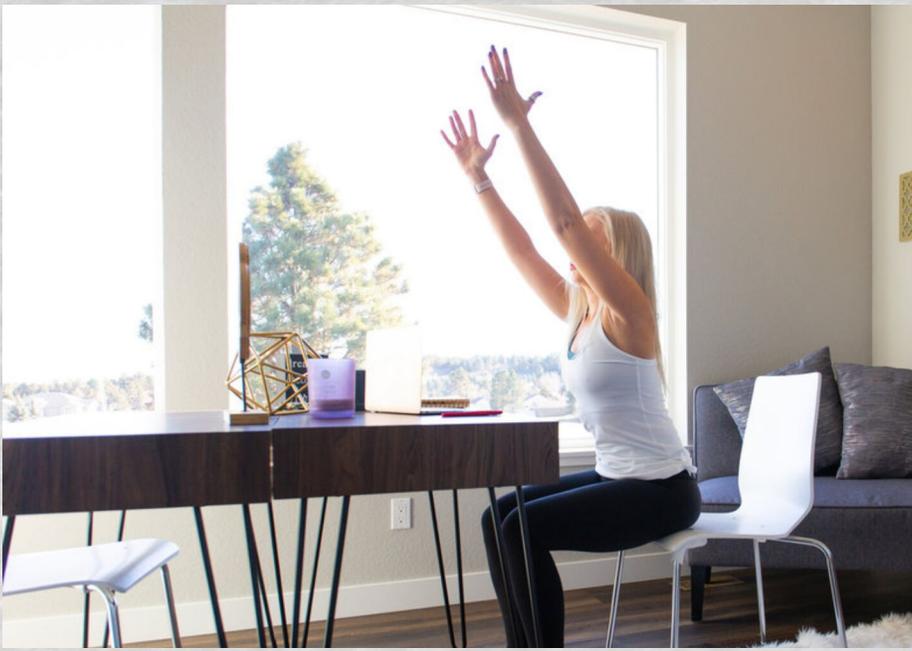
CAT COW

LUBRICATES THE SPINE

Sit up tall in your chair with both feet planted on the floor, and place your hands on your knees.

Inhale, take your chest forward, arching your back and spreading your collar bones wide, looking up. Exhale, round your spine, engage your core (tighten abs), and look down.

Repeat 5-10 times



CHAIR POSE

TONES ABDOMINALS AND STRENGTHENS SPINE

Sit halfway forward on the chair so that your back is not pressed against the seat back.

Your feet should be parallel to each other, hip distance apart. Your ankles should be directly below your knees at a 90-degree angle.

Place your hands on your knees and lean your torso forward. Engage your abdominal muscles, then extend your arms alongside your ears in line with your spine.

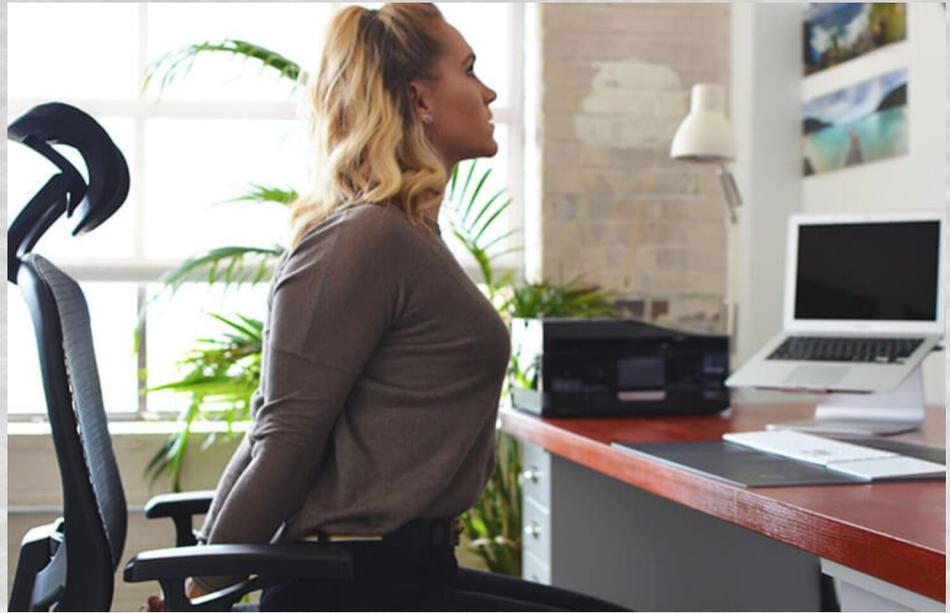
Take 5 deep breaths.

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CHEST OPENER

ALLEVIATES SHOULDER TENSION

Sit halfway forward on the chair so that your back is not pressed against the seat back.

Your feet should be parallel to each other, hip distance apart. Your ankles should be directly below your knees at a 90-degree angle. Interlace your hands behind your back, straightening your arms and allowing your knuckles to gently brush the seat.

Take your shoulders back and release them down. Spread your collarbones open wide and gently lift your chin, glancing up.

Take 3 deep breaths into the chest.



FORWARD FOLD WITH SHOULDER STRETCH

OPENS SHOULDERS

Sit halfway forward on the chair so that your back is not pressed against the seat back. Open your knees wide, and plant both feet on the ground. Inhale, sweep your arms up over head, then exhale and fold forward in between your legs with your hands reaching toward the ground. Take 2 breaths.

Bring your hands to your low back and interlace your fingers behind your back. On an inhale, lift your arms straight up to stretch your shoulders.

Take 3 breaths.

Release your arms down to your lower back. Undo your fingers, then sweep your hands to your knees. Press your hands into your knees as you lift up to a seated position.

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SEATED TWIST DETOXIFYING

Note: Do not do this or any twist if you have spinal injuries or are pregnant

Sit tall in your chair with both feet planted on the ground, hip distance apart.

Take your right hand and reach back to grab the bottom of your seat cushion on the right side. Place your left hand on your right knee.

Inhale, sit up tall with a straight spine. Exhale, slowly and gently twist open to the right. Inhale sit up, exhale, gently open.

Repeat for 2 more breaths, then come back to neutral. Switch sides.

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HIP STRETCH

ALLEVIATES LOW BACK PAIN

Sit up tall in your chair with both feet planted on the ground directly below your knees – it's best to sit a couple inches forward on your chair, so your back is not resting against the chair.

Cross your left ankle over your right knee. Flex your left foot to protect your knee (press your heels out and take toes up towards shin – opposite of pointing toes).

Place your hands on your left thigh and gently press down until you feel a stretch in your left hip. Take 10 breaths. Switch sides.

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PUPPY DOG

ELONGATES AND RELIEVES TENSION
IN SPINE

Stand up behind your chair and place your hands on top of the chair.

Keeping your hands where they are, slowly step back about 3 feet, taking your hips back and lowering your chest until it's parallel to the floor.

Take 5 deep breaths as you stretch your back, legs and hips.

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SUPPORTED TREE POSE IMPROVES BALANCE TO AVOID FALLS

Come to a standing position next to the chair. Root down with your left foot. Turn your right knee out to the right, opening your hip.

Lift your right foot off the ground and place it on your calf OR your inner thigh (DO NOT press your foot into your knee!).

Keep a micro-bend in your left standing leg so that your left knee is not locked. Find a spot on the ground a few feet ahead of you to focus your gaze on, which will improve your balance.

Start with one hand holding the chair. If you feel stable, you can bring your hands together in front of your heart or start to raise your arms overhead. Stay for 5 breaths then switch sides.

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CRESCENT POSE

STRENGTHENS LEGS & BACK

Turn so that you are seated sideways on your chair with your left leg and buttocks supported on the chair.

Hold onto the seat back with your left hand. Take an inhale as you sweep your right foot all the way back, coming onto your right toes.

Engage your quads on both legs. Lift both arms up to the sky. Take 5 breaths.

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WARRIOR 2

STRENGTHENS LEGS, ARMS AND TORSO

Turn so that you are seated sideways on your chair with your left leg and buttocks supported on the chair.

Hold onto the front of the seatback with your left hand. Take an inhale as you sweep your right foot all the way back, turning your foot flat. Engage your quads on both legs.

Open arms out to the sides as you turn your torso to the right. Take your shoulders up and release them back. Glance over your left fingertips.

Take 5 breaths.

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STANDING SPINAL BALANCE

PROVIDES TRACTION FOR SPINE,
STRENGTHENS GLUTES

Stand behind the chair with your feet together. Hold onto the back of the chair with both hands.

Root down with your left foot as you lift your right foot, taking the leg backwards.

Point the toe, engaging the right leg. Extend the left arm up, feeling an opposite traction in the spine. Take 3 breaths and switch sides.

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