

### A Guided Relaxation: Creating Space

Sit comfortably. Hands resting on thighs, palms down, eyes soft and lightly closed. Notice. Notice the ease and flow of your breath. Begin to settle in, turning your attentions more deeply inside. Your bones settling down to gravity, your spine softly lengthening up.

Imagine the space between your eyes. (Pause) Breathe in a sense of rest, of letting go.

Notice your feet. Imagine the space from the bottom of your feet, to the crown of your head. (Pause)

Imagine the space from the crown of your head, to the bottom of your jaw. (Pause)

Imagine the space from the tip of your nose, to the back of your skull. (Pause)

Imagine the space inside your mouth. (Pause)

Imagine the space from the bottom of your ears to the tops of your shoulders. (Pause)

Imagine the space from your right shoulder to your left shoulder. (Pause)

Imagine the space from the bottom of your heart, to the top of your heart. (Pause)

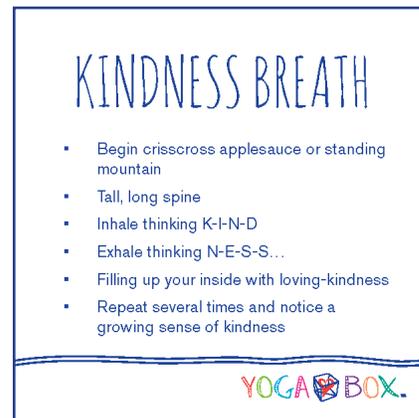
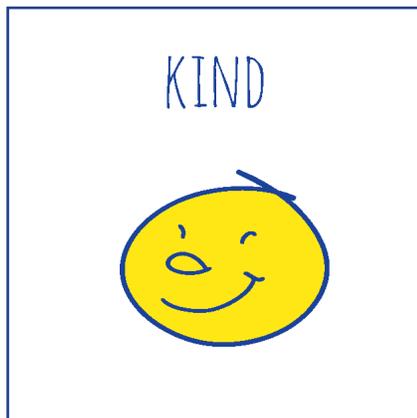
Breathe in all of the kind, soft, safe space supporting your heart.

### Breath Practice: Holding Your Own Hand

Rest your left hand on your thigh, with your right hand laying across your left wrist. Notice the grounding support of your right hand offering strength. Taking your pointer (1st) finger of your right hand, as you inhale begin to trace the outer shape from your wrist up the thumb. Pause at the top of the thumb, then as you exhale trace down the inner thumb resting at the bottom of your inner thumb. Inhale each time you trace up a finger, and exhale each time you trace down a finger. Mindfully noticing the rise and fall of your breath as you move across each of your five fingers until you reach the the other side of the wrist and hand. You can then retrace the fingers back to the starting point of your wrist, simply allowing a sense of freedom with your breath as it rises and falls.

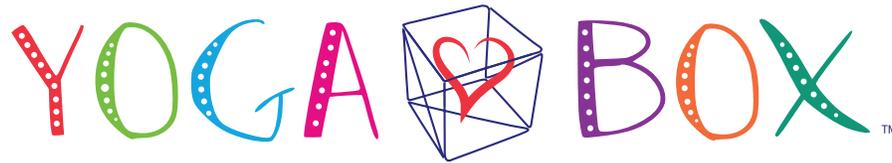
This practice is an excellent way to calm your nervous system and release anxiety.

### Kindness Breath:



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## Desk Sequence

**Shoulder Rolls.** Beginning with your right shoulder, gently roll the head of the arm bone in small circular motions back (3-5 times), and then switch directions rolling forward. \*\*This is great for releasing tension in your neck, shoulders, and upper back.

**Head Circles.** Slowly bow chin forward towards your heart, then begin to move the right ear towards the right shoulder, then head rolls back (chin lifted) and over towards the left shoulder. Make slow, mindful circular motions, releasing the head and neck.  
\*\*This is a great stretch for opening the neck and all the tiny muscles that tense up in your shoulders.

**Heart Opener.** Sitting, bring your hands to clasp behind your low back. Letting your thumbs rest near your sacrum. Notice the widening of your collar bone from side to side. If you are sitting in a chair, maybe you can reach behind the chair and lean over the back of your chair a bit. Move with your inhale/exhaling breath. \*\*This opens the heart, letting in fresh oxygen. It also saves your upper back from bending over a computer all day!

**Sitting Cat Stretch.** Sitting with your hands clasped in front of your heart, then turn the palms forward and as you lengthen your arms and press your palms forward, round into your upper back. Let your gaze fall to your lap or low belly and breathe into the back of your heart. \*\*This is great for reversing any slumping in the upper back. It also builds flexibility in the upper back and brings oxygen/breath into the back of your heart.

**Sitting Crescent.** Sitting with your feet on the floor. Inhale both arms up overhead, bringing your palms to meet overhead. Softly lengthen your tail-bone into the seat of your chair, then rise up through your side-body and curl open to your right. Release. Then repeat by completing the same sequence and curling open to your left, into a deep side stretch. \*\*This is great for building core strength, increasing your lung capacity and feeling grounded and calm.

**Seated Chair Twists.** Sitting towards the side of your chair, facing the left side, lengthen your tail-bone into the seat of your chair. As you inhale, the side bodies lengthen up and sweep your arms up overhead. As you exhale your arms come down to hold onto the back of your chair. Inhale, lengthen up. Exhale turn into a gentle twist.  
\*\*This wrings out your inner body and lengthens the muscles along the spine.

**Downward Facing Dog at your desk.** This can also be done at a wall. Placing both hands on desk, shoulders width apart. Knees bending. Start to walk away from your desk, bringing your back parallel to the floor. Lengthen both sitz bones towards the wall behind you, and reach the crown of your head forward. Your heart is slightly below the height of your hips.  
\*\*This lengthens your spine and starts to open the back of your legs. The pose also strengthens the arms, wrists, and hands while opening the chest. This can be a very grounding, calming pose.



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