



YOGA BREAK

After sitting at a desk for hours,
typing on a keyboard,
we start to slouch,
our hands and neck get tense
and fatigue sets in. To counter
sedentariness at work and
increase your productivity,
here are four easy yoga poses
to try during your 9 to 5.

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Cat and cow poses

These two poses help relax the back muscles. Sitting on a chair or pouf, hands on your knees, alternate between arching your back and shoulders (cow) and rounding them (cat).



Sleepwalking pose

To prevent tendinitis, raise your arms in front of you, parallel to the ground. Take a breath and lift each finger toward the ceiling. Lower your fingers as you breathe out.



Half-lotus pose

Seated on a pouf or firm cushion, hold the half-lotus (cross-legged) pose. This pose helps keep your back straight, loosens your spine and opens the chakras. Breathe slowly and deeply.

Namaste.