aFind a comfortable seats wherever you're at begin to breathe and eat through the belly in the lungs thing out the front and the back body you know who is all the air out nice start to inhale again reading can really calming for the nervous system so I silly as it might seem making a few moments every day to just breathe and extremely help with anxiety often times at redirect your attention away from your phone or the computer and focuses more on what you're doing now your body is feeling now I'm here take your left hand and make a little cup at your right hand into a fist with the thumb on top and facing upward and then put that fits into your left hand this is called Shiva linga mudra and it's the mudra for resilience we all have the ability to be resilient we also need the ability to have self care and self-love for ourselves to off that some of the ramifications of being resilient of being that strong person for your family or for your office bring this mudra into a couple of postures today begin to open your eyes if they're closed read indeed and exhale through the mouth reach the arm up and over your head grab opposite elbows you can do left hand in front of right and then bring your ribs back in towards your spine as you stretch your elbows towards your ears beer make your spine nice and long and will bend words the last I name some stretching your right side body I think down through your right foot you have no backup reason and exhale other side then to the right finger hand neutral we're going to pull your belly and towards your spine engaging that core Lisa hand to about halfway and then cross your left left arm underneath your right and grab opposite elbows here you can play around with lifting up your elbows more sensation you can come into my evil Vine crossing your four arms around each other so that your palms and then from here work to bring the hand away from the album Sky of your shoulders drink that you already have cultivated he'll release the bangas shake it out a little bit and then crossed the right arm under the opposite elbows again playing again with lifting the elbows out of feeling any sensation that's happening and if you would like to do for the Holbein wrap the four arms around each other for full legal bringing the hands away from the face and then playing around with Lyft in towards your body to find some different movements you need to lengthen the spine and stood on the edge of your seat and then release the barn in hell all the way up and hands come the Heart Center now get into her hips look the left knee up towards your chest you can grab onto your shin if that's doable for you and Pull It in towards your body on the floor feel free to add some movement into your hips so we're going out towards the left maybe two or three times following the breath and then once you feel even already you can begin to hold in towards the body or full in the body you sure both of your phones are grounded on the chair here hold your shin with the opposite hand so the right hand is holding on to the left kitchen towards the last rain in the left shoulder back behind the body and potentially gazing over your left shoulder you watch for your knees and feel free to drop that on the floor and do a seated twist just like this if you would like some more and you have your shoes off you can grab onto the outside of your left foot and then either keep it bent and twist or be in Lexing a toes back towards your face more of a hamstring twist wherever you're at be in this moment and breathe pulling the heads back so that you're tilting your spine forward to sit on the front on your sit bones come back to Center will do the other side Celeste up the right knee pull-ins words your body rotated outwards first getting some movement into potentially type or sitting a lot or maybe I'm sitting in different chairs and more used to switch to roll inward towards the body turn on your third time or pause holding your shin with your left hand this time will twist towards the right you can grab onto the back part of your chair or the back seat of your chair Polaris spine upwards towards the sky and then Twist on an Excel baby drop your butt down to the ground or grab onto the outer PS of your right foot and extend it forward bend here or be in to straighten and turn towards the right exhale drop the way to get out a little bit will go into a figure 4 stretch or like a half pigeon to take your left ankle and put it over your right now we want to avoid the knee joint so put it about an inch or two back from the actual game against it on the front edge of your mat feel your spine long it up even if your foot is like this and then you can hold on to the sides of the chair and gentry me forward until you feel some sensation in the outer hip here freezing here these are often holding a lot of our tension or stress what Flex will help protect your knee joint wherever you are on this scale perfect where you're at please come back to seated and we'll switch leg so right ankle crosses over the top of the right foot and then sit up nice and tall and gently lead for four more sensation you can even place your forms on your shin if you want to get low just make sure your spine and your heart is going sores that you're not come out where in Hana Words With Friends press that he'll into the floor hold on to the edge of your chair and we need for again keeping that nice long spine sending your hips back maybe even pushed into your hip creases so that you can get more lowering the top of the body maybe feeling this in my calf where the hamstring will call this one half splits pose only come back sensor is out of place that right heel onto the floor that's what is also grounded nice and Tall raised and exhale find Mason mom think back through the hip joint you think I'm microbend in the right Martin here ask you don't come back we'll do a couple standing poses Denver Cherry yoga on but know that there's a lot of twisting that you can do to really get into the spine if you're sitting a lot turn your chairs to its facing towards you I'm actually not using my microphone where can I find a version of downward-facing dog so place your hands on the last corner of your chair if your chair and easily moved about his sweat so maybe one step back from there bend your knees a little bit farther if you can rotate your thighs here breathing in the shower present downward-facing dog need to come to your forearms for plank oh stepping back a few more feet I will come back you down come back to stand and my coming into tree pose you can turn so that your on either side of your chair and Fort Repose you can place your foot on the Inner Path or the inner thigh running on where you want to go today you can also kickstand it on the floor so that didn't he points out towards the spies I'm in the heel is touching your body. Let's bring that left me up and then we'll spend out towards the last and then again place it where you feel comfortable we're pressing that left foot into the right leg rounding down the right leg and before the chair is there for assistance however if you'd like to come to hands to Heart Center in the nice reminder to drop elective just a little bit here rename shoulders away from the ears exhale pink that left foot bring the knee back to Center and cross the Left Behind the right that you're in this kind of currency shape and reach over to the right with your left lying again to stretch on my side body here dentist office seated Pakistan will be stuck inside bring that right butt up and to the right and then place that what either on the inner thigh the inner calf or a kickstand on the floor just resting on the ankle finding some strength going down through the left foot I'm pressing on the last leg practice balancing here Ethan ham and then cross it behind a left leg keeping on to the toes and then bringing and can come to hip or drop down animal and how to scan all right this is a great one for the hip flexors so again I have the chair facing towards you but one me onto the body of the chair hold onto the top part or the bottom and if you don't have a bath and then talk that and if your left foot is back can you holding on to the back of the chair you can always been that back acne less than station freezing a spider muscles emu and then we'll pull over like in simplest and Shake It Out legs of my left knee is going to be on the left your spine up nice and Tall again yeah side to side your body feels any different from when you started today will end with a couple breathing exercises so we'll follow our breath and inhale Arms Reach up I'll release will forward fold all the way down towards our feet exhale full back down I'm in here or is fine over bow to Arkansas is Anjali mudra offering reason and ask him Mama hope you guys enjoy that chair yoga exercise feel free to ask questions if you have questions about the posture that we did today awesome and you can always email me at Christine GM pacmed.org if you have questions or want more resources around what you can do while sitting at your desk