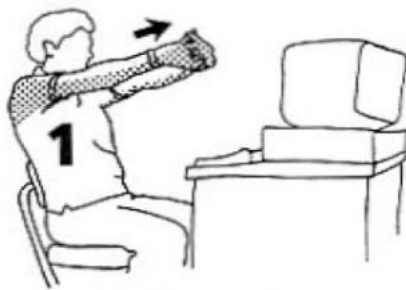


Computer & Desk Stretches

To relieve neck & should stiffness and possibly lower back pain, do this 4-minute series of stretches each hour throughout the day or whenever you feel stiff. Also, take a brief walk around your study area (always keeping an eye on your laptop or personal belongings!).



10-20 seconds
2 times



10-15 seconds



8-10 seconds
each side



15-20 seconds



3-5 seconds
3 times



10-12 seconds
each arm



10 seconds



10 seconds



8-10 seconds
each side



8-10 seconds
each side



10-15 seconds
2 times



Shake out hands
8-10 seconds

Desk Yoga



Cat & Cow (Spinal Stretch):

Place your hands on your knees and sit tall. Find a slight arch and exhale as you lower toward your thighs. Inhale, rolling the spine up to come back to a tall seat. Repeat breath cycle 5 -10 times.



Seated Twist:

Move forward to sit near the edge of your chair. Spread your knees slightly wider than your hips. Breathe in, growing tall, and place your left hand on your right knee. As you exhale, twist to the right, placing your right hand on the seat behind you. Keep your torso long as you look past your right shoulder. Hold for 3-5 breaths, and then return to center. Repeat on the other side.



Shoulder Stretch:

Reach your right arm above your head, and bend your elbow to bring your palm between your shoulder blades. Reach your left arm out to the side, palm facing behind you, and then draw the back of your hand up your back. Let the hands find each other, or hold onto a strap between your hands. Lengthen through the spine and relax your face and neck for 5-10 even breaths. Release slowly, and reverse sides.



Hip Stretch:

Place your right foot on the floor directly under your right knee. Place your left ankle over your right knee, and flex your foot. Inhale as you lengthen through your lower back, and exhale leaning forward slightly toward your legs. Continue to relax your shoulders and breathe deeply for 5-10 breathes. Repeat on the other side.



Three Part Breath:

Close your eyes or find a soft gaze. As you inhale, fill your body with breath beginning at your lower belly (1), then expanding through your ribs (2), and finally in your chest (3). Pause at the top of your inhale. Exhale slowly, emptying in reverse (3, 2, 1.) Pause at the bottom of your exhale. Repeat for 10 breaths.