

Chair Yoga Program

Tension Release in 10 Minutes

Our bodies were designed to move. Sitting for extended periods of time leads to decreased circulation, muscle stiffness, and mental fatigue. Taking a few minutes to move with some easy stretches reduces injury and increases productivity. Begin using this simple routine four times during your working day and then increase the frequency until you are incorporating some stretches every hour. Start by taking a deep breath in, move into the stretch as you breathe out, and then hold the movement for a comfortable amount of time (usually 10-60 seconds).



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