

CORPORATE WELLNESS GUIDE

# **CHAIR YOGA ROUTINE**

FOR DESK WORKERS

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- **Introduction**

Welcome to your "Chair Yoga Routine" ebook! In these pages, you'll discover simple yet effective ways to take care of your body while working at a desk — what I like to call “body maintenance.” This guide provides a practical chair yoga sequence that you can easily incorporate into your daily routine.

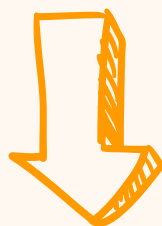
- **The Impact of Desk Work on the Body**

Did you know that 81% of employees working from home report experiencing musculoskeletal disorders over time? Shoulder tension, lower back discomfort, and tight hips are just a few of the common issues. Why does this happen? Simply put, prolonged sitting creates imbalances in the body. The front muscles weaken and shorten, while the back muscles become overworked.

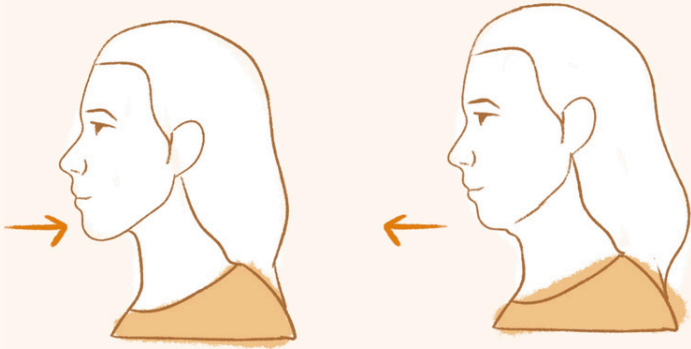
- **Why Body Maintenance Matters**

Taking regular breaks, setting up an ergonomic workstation, and incorporating movement into your workday are crucial for your overall well-being. Body maintenance activities like chair yoga can help reduce body pain, improve flexibility, and boost your energy levels — ultimately enhancing your productivity and focus at work.

**Ready? Your chair yoga routine is here!**



## CHIN TUCKS



### ★ Chin Tuck:

1. Sit upright and look straight ahead with the ears directly over the shoulders.
2. Slowly pull the chin and head back (you can use your fingers to help the movement). You should feel a stretch at the base of the head and top of the neck.
3. Hold for 5 seconds
4. Repeat up to 10 times

\* Area targeted: **Neck**

### ★ Cactus arms:

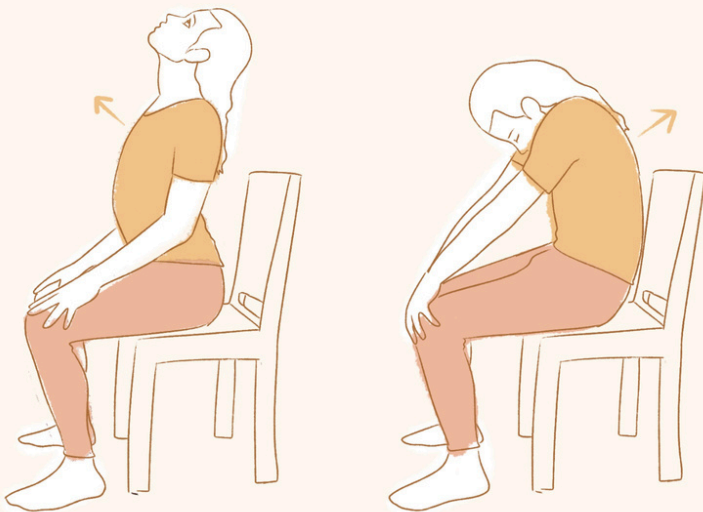
1. Sit upright
2. As you inhale, slightly lift up your chin, bring your arms up, creating 90° angles with your elbows.
3. Exhale, lower your elbows as you squeeze your shoulder blades together.
4. Inhale and bring your arms back into the 90° shape. Try to make your inhalations and exhalations as long as possible.

\* Area targeted: **Upper back**

## CACTUS ARMS



## CAT & COW

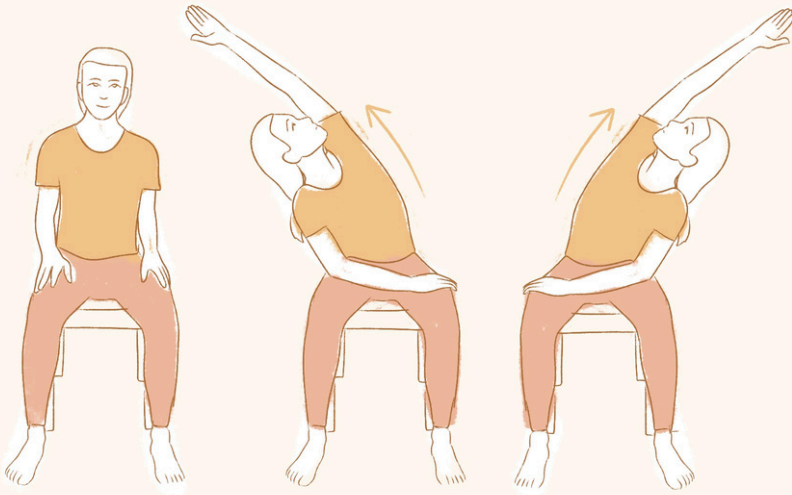


### ★ Cat and Cow

1. Sit upright, hands on your knees.
2. As you inhale, lift up your chin, open your shoulder and push your torso forward, creating an arch in your back.
3. Exhale, bring your chin to your chest and round your back.
4. Repeat these two steps with your own rhythm, following the pace of your breath, up to 10 times.

\* Area targeted: **Back**

## SIDE STRETCHS



### ★ Side stretches:

1. Sit upright, open slightly your legs to the sides.
2. Bring your right hand on your left knee
3. Inhale, lift up your left hand.
4. Exhale, lean toward the right side, looking up at your hand. Use your right elbow on your right thigh for support.
5. Inhale, come back up.
6. Repeat on the other side.

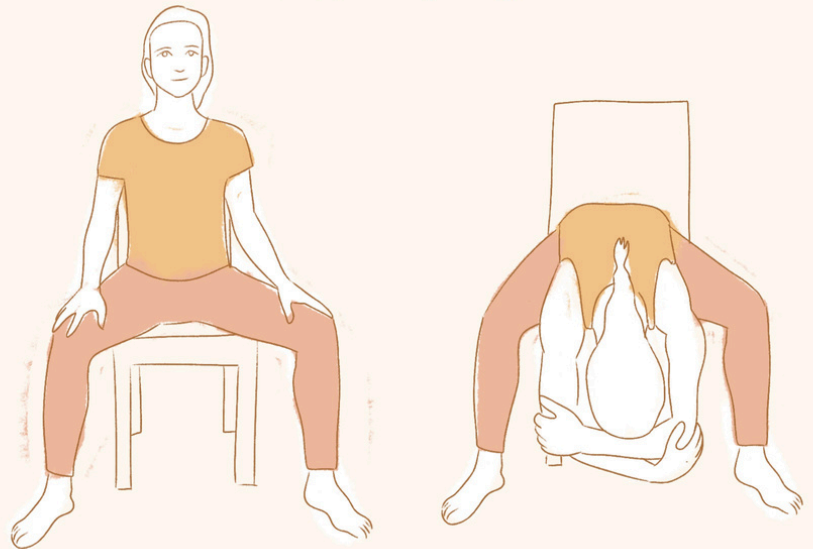
\* Area targeted: **Sides**

### ★ Cactus arms:

1. Sit upright, hands on your thighs.
2. Open your legs wide to the sides.
3. Inhale, lift slightly your chest up, keeping the spine straight.
4. Exhale, bend slowly forward, start the movement with the lower back, followed by upper back, neck and head.

\* Area targeted: **Lower back**

## FORWARD BEND



## ★ **You Did It!**

Once you've completed your practice, take a moment to breathe deeply and clear your mind before diving back into work. Quick, simple, and efficient — just what you need to stay sharp and focused.

## ★ **Want More?**

Looking to make a bigger impact on your team's well-being? Book a free discovery call, and let's discuss your company's goals. Together, we can explore how chair yoga and other wellness initiatives can benefit your employees and elevate your organisation.

[\*\*BOOK DISCOVERY CALL\*\*](#)

