For 15-minutes, learn how to reduce stress at work through *Chair Yoga*

Preferably the room is dimly lit, quiet, cool. Keep the door closed. Have slow soothing music and aromatherapy if possible. Slide your feet out of your shoes. Keep your eyes closed loosely. Sit up tall in the chair with your feet planted firmly in the floor and hands resting in your lap.

**Breathing:** Take deep breaths in through the nose and out through the nose. Your belly expands as you inhale and contracts as you exhale.

**Torso Turn:** Heel planted firm in the floor. As you exhale, turn your torso to the right, hold and breathe. Return to forward facing position. Repeat to left side.

**Shoulder Stretch:** Wrap your right arm around your torso, placing right hand on left shoulder. Place left hand on right elbow. As you exhale, gently stretch the elbow to the left. Hold, and release. Wrap your left arm around your torso placing it on the right shoulder. Place your right hand on your left elbow. As you exhale, gently stretch the elbow to the right. Hold and release.

**Neck roll:** Slowly lower your chin to your chest. As you inhale, roll your head to the right side but do not force your ear to your shoulder. Hold and breathe. Return your head to the center as you inhale. Repeat to the left side.

**Shoulder roll:** As you inhale, pull your shoulders to your ears. As you exhale, roll them backwards and down to normal position. As you inhale, roll your shoulders backwards and up holding by your ears. Exhale, drop shoulders slowly down.

**Wrist roll:** Hold arms at 90 degree angle to the body, palms facing down. Make a loose fist. Roll wrists inwards making an “O” motion. Roll wrists outwards making an “O” motion.

**Ankle roll:** Lift right foot slightly off the ground. Roll your foot/ankle inwards making an “O” motion. Roll foot/ankle outwards making an “O” motion. Slowly lower foot to the ground. Repeat with left side.