

# Yoga Poses for Office Workers

ALPESH  
YOGA  
SCHOOL

Revive your workdays with 6 gentle desk yoga poses from Alpesh Yoga- a yoga school in Goa serving as a oasis of calm for corporate hustlers!

## Seated Neck Stretches

Relieve neck tension: Inhale, tilt head, stretch, switch sides, breathe

01



02



## Seated Forward Fold

Sit on chair's edge, exhale, fold forward for deep hamstring stretch.

## Seated Spinal Twist

Sit sideways, twist gently for improved mobility, & tension release.

03



04



## Seated Pigeon Pose

Cross ankle over knee, stretch outer hip, release tension, and relax.

## Mindful Breathing and Meditation

Relax in your chair, breathe deeply, exhale and find peace within.

05

