



STRESS LESS

YOGA AT WORK

3 Seated Yoga Poses for Stress Relief



1. Spinal Twist

- Raise arms out up overhead (inhale)
- Twist torso
- Bring arms to side (exhale)
- Repeat on each side 3x



2. Cat Cow

- Open shoulders, gaze up (inhale)
- Drop head and puff out chest
- Pull stomach inward, chin to chest (exhale)
- Repeat 3x



3. Forward Fold

- Straighten legs
- Bend forward, rounding shoulders and extend arms toward feet (exhale)
- Reach gaze up and raise chest slightly (inhale)
- Repeat 3x

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yoga poses on Wellbeats!

As featured in Wellbeats Office Breaks

- Improves Posture
- Relieves Stress
- Increase Energy
- Calms the Mind
- Relieves Muscular Tension



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