



## Mindfulness At Work Program

This two week program will teach you simple mindfulness techniques you can do in just a few minutes right at your desk! You'll also move your body with simple yoga postures using your office chair. So, take this mindfulness break to recharge for a more productive day!

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1	Three Part Breath 5 min	Chair Yoga 1 6 min	Pick Me Up 3 min	Chair Yoga 2 5 min	Gratitude Meditation 5 min	Rest day	Rest day
	DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
WEEK 2	Fire in the Belly 9 min	Chair Yoga 3 8 min	Brain Recharge 3 min	Chair Yoga 4 8 min	Ocean Breath 5 min	Rest day	Rest day