





















Desk Yoga

Mindful Yoga @ Oasis
Brought to you by the
Health, Counselling and Disability
Service, Flinders University

simple yoga poses for a short study break

Pausing every now and then for some mindful movement can assist to reduce stress and tension in the body caused by sitting.

This short practice will also help improve focus and concentration

1.	start sitting 		1-2 mins	Pause here briefly, notice your breath
2.	Neck rotations   EX IN	you could also add some shoulder rotations	3 x to each side	Move slowly with the breath. Move side to side and up and down.
3.	seated cat pose   IN EX		5 x	Inhale as you arch your back and look up, exhale to curl forward
4.	seated twist   IN EX   EX IN		stay for a few breaths each side	A variation is to inhale the head to centre while the body stays twisted
5.	side stretch   EX IN	Inhale to lift arm. Exhale into the stretch	3x then stay 3-5 breaths	This pose is great for stretching the side ribs to help improve breathing and posture
6.	Backbend  or 	try a few rotations of the first, then stay and breathe in the second	Always listen to your body!	Always open the chest with an inhale and return to neutral on exhale
7.	forward fold   IN EX   EX IN or  or 	Use a variation that best supports your spine	Pause and stay a few breaths	Inhale raise the arms, exhale fold forward from the hips
8.	legs on the chair relaxation 	Really, you should try this pose! Maybe at the end of your study period, or before bed at night	Stay as long as you want	This is the great rejuvenator, helps with sleep, relaxation and posture

For more mindful yoga, visit oasis online

