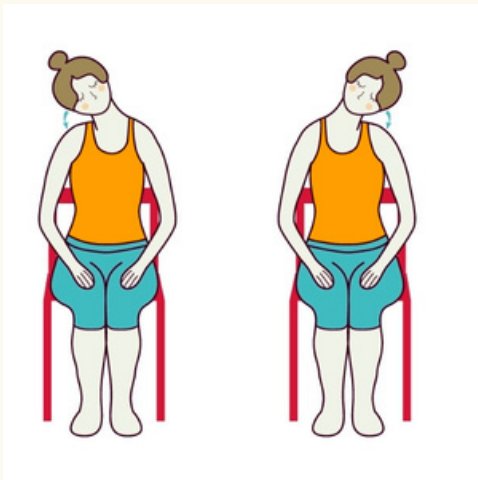


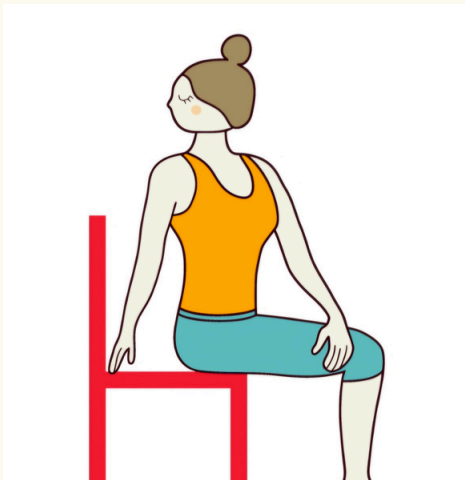
DESK YOGA

MOVE, BREATHE, RESET AT WORK

TOP 4 POSES



NECK ROLLS



SEATED TWIST



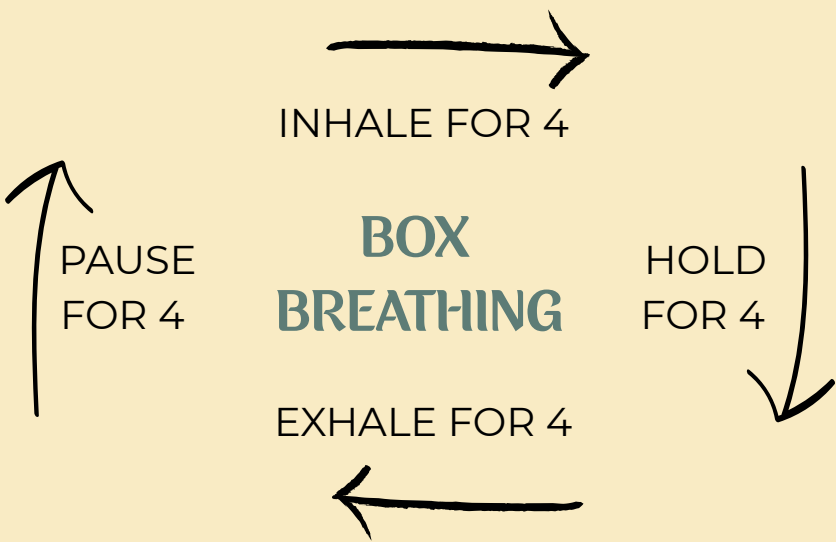
CAT COW



FORWARD FOLD

QUICK 5MIN RESET ROUTINE

- 1MIN - **BREATH AWARENESS**
- 1MIN - **NECK & SHOULDER RELEASE**
- 1MIN - **WRIST STRETCHES**
- 1MIN - **SPINE MOBILITY**
- 1MIN - **MEDITATE**



WHY IT MATTERS?

- BOOSTS ENERGY & FOCUS
- REDUCES TENSION & STRESS
- SUPPORTS POSTURE & CIRCULATION

TRY THIS!

ADD A STICKY NOTE TO YOUR SCREEN -

"HAVE YOU MOVED TODAY?"



STAY CONNECTED

@LAURENKCEDWARDS