



Desk Yoga – Wellbeing in Your Office

wellbeinginyouroffice.com

I could do Desk Yoga every day! It leaves me feeling relaxed and energised in a very short space of time.

Jane, a participant of Desk Yoga Classes

Discover the Benefits of Desk Yoga

Desk yoga is a simple yet effective way to experience the benefits of movement, relaxation, and mindfulness—all from the comfort of your chair. This practice helps stretch and strengthen your body while promoting awareness, reducing stress, and increasing energy levels. Whether you are new to yoga or have an established practice, chair yoga is accessible to all and can be easily integrated into your daily routine. It's the perfect way to reset, release tension, and improve posture, especially if you spend long hours sitting.

It's suitable for all levels and ages and doesn't require yoga mat or special clothing.

A cost-effective way to increase the wellbeing of your team. You can have as many people as you want on the online session.

Each session is only 30 minutes long.

Boost Workplace Wellness with Desk Yoga

Enhance the wellbeing in your workplace with our live online **Desk Yoga Classes**, a practical and accessible way to reduce stress, improve focus, and boost energy—all without leaving your chair. Our guided sessions bring gentle movement, breathwork, and mindfulness techniques directly to your office, helping employees relieve tension, improve posture, and increase productivity. Designed for all experience levels, chair yoga is a simple yet effective solution to counteract the effects of prolonged sitting and workplace stress. Give your team the tools they need to feel refreshed, focused, and more engaged throughout the workday.

Contact Gosia today to bring Desk Yoga classes to your workplace:

info@wellbeinginyouroffice.com or call 07518 298 306

Scroll down to Watch the recording

Your Safety Comes First

Desk yoga is designed to be gentle and adaptable, but it's important to listen to your body and move within your comfort level. If you have any pre-existing medical conditions, injuries, or concerns—such as back problems, joint issues, heart conditions, or pregnancy—please modify movements as needed or consult a healthcare provider before attempting certain postures.

If any movement causes discomfort or dizziness, pause and take a moment to rest. The goal of chair yoga is to support your wellbeing, not to push your body beyond its limits. Remember, it's perfectly fine to adjust, take breaks, or skip any exercises that don't feel right for you.

Disclaimer: *This Desk Yoga workshop is intended for general wellbeing and relaxation. It is not a substitute for medical advice, diagnosis, or treatment. Participants should listen to their bodies and modify movements as needed. If you have any pre-existing medical conditions, injuries, or concerns, please consult your healthcare provider before participating. Wellbeing in Your Office are not responsible for any injuries or discomfort that may arise during the session. Participation is voluntary, and individuals assume full responsibility for their own wellbeing.*

Gentle Warm-Up (5 minutes)

- Neck rolls (gentle, slow, and mindful)
- Shoulder shrugs and circles
- Wrist and finger stretches (important for frequent computer users)

Guided Desk Yoga Session (20 minutes)

Each pose held or repeated gently for 3-5 breaths:

- Seated cat-cow (mobilises spine)
- Seated twist (both sides, gently detoxifying)
- Side stretches (seated side bends, both sides)
- Seated forward fold (releasing tension in back and shoulders)
- Seated pigeon (hip opener)
- Chair warrior pose (improving leg circulation and strength)

Mindfulness Relaxation

- Mindfulness meditation (short guided relaxation)

Click on the link below to watch The Desk Yoga Session recording:

https://us02web.zoom.us/rec/play/vNjOOZP3FdIjOFgm84bbyj27ArEfSmCfFg5NTzKkeYVxTEIGcHo8CaekPAmoiDgrlvyEvephoa8KLRLk.bDq_DcHeUElpKWqo

Passcode: X+!Mk23K