

Workday Yoga Break

A 13-minute sequence

1 Neck Down & Up (5 Rounds each)



2 Neck Right to left (5 Rounds each)



3 Neck Rotation-Clockwise & Anticlockwise (5 Rounds each)

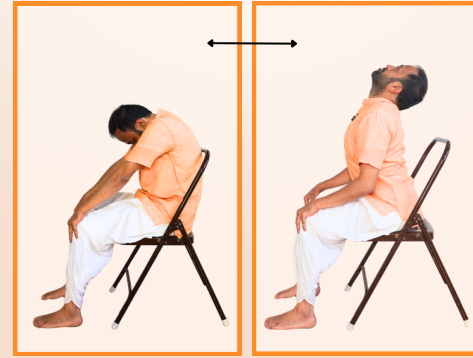


4 Rotate-Clockwise & Anticlockwise (5 Rounds each)



»»» Pause «««
»»» Stretch «««
»»» Recharge «««

5 Cat & Cow Stretch (5 Rounds each)



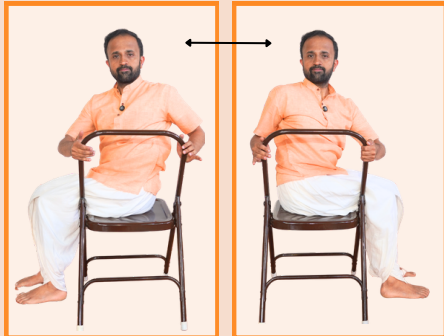
6 Wrist Rotation Clockwise & Anticlockwise (5 Rounds each) | Fingers Stretch



7 Sides stretch using hands



8 Twist (Both Sides)



9 Spine Extension



10 Spine Extension



11 Relax



Yogavijnana is a center for authentic Yoga, offering regular classes (offline/online), workplace wellness programs, Yoga therapy, workshops, and teacher training. We believe Yoga is not merely a form of exercise, but a science of self-awareness and a path to holistic well-being. Founded by Yogacharya Vinay Siddaiah, an IIT graduate, Yoga therapist, and author with over 15 years of teaching experience.