

A 7-DAY DESK RESET FOR OFFICE WORKERS

7 days · 7 sessions · 5 to 10 minutes · tick each box when done

☐ Day 1 6 min Neck and shoulders	Neck stretches · Shoulder stretches · Mountain Pose	Chin tucks and slow turns. Never roll the head backwards.
☐ Day 2 5 min Wrists and forearms	Wrist stretches · Eagle Pose · Cat-Cow	Eagle arms only, seated. Cat-cow with hands on the knees.
☐ Day 3 8 min Upper back and chest	Upper back stretches · Chest stretches · Cat-Cow	A self hug for the upper back, then hands behind you for the chest.
☐ Day 4 8 min Hips that sit all day	Hip flexor stretches · Low Lunge · Pigeon Pose	Do Pigeon as a seated figure four: ankle on the opposite knee.
☐ Day 5 6 min Twist and fold	Seated Twist · Mountain Pose · Standing Forward Bend	Seated twist in the chair, then stand, reach up and fold with soft knees.
☐ Day 6 8 min The full desk break	Desk-break sequence	The week in one routine. Keep the card on your desk.
☐ Day 7 10 min Evening unwind	Child's Pose · Supine Twist · Legs Up the Wall · Corpse Pose	At home, on the floor. Put the phone in another room.

FOR TEAMS

Short and chair-based, so a team can do one session together at the start of a meeting. Teachers who run workplace yoga in Metro Manila: yogaphilippines.com/corporate-yoga-providers-manila/