

Recharge Yourself

Yoga You Can Do Anytime

In a chair or standing

- Sit quietly for 2-3 minutes doing a body scan. Mentally review every part of your body beginning with your feet and working up to your scalp. Notice areas that are tight or relaxed, tired or fully of energy. Notice your breathing and gently allow it to soften and deepen.
- Neck stretches. As you exhale, drop your right ear toward your right shoulder, making sure to keep your shoulders down. Enjoy the stretch of the left side of your neck and left shoulder. Inhale and bring your head to neutral. Exhale and let your left ear drop toward your left shoulder. Inhale as you come up to neutral. Exhale and lower your chin to your chest feeling a gentle stretch in the back of your neck. Repeat.
- Inhale and bring your arms overhead. Clasp your hands and turn your palms up. Drop your shoulders as you stretch your palms toward the ceiling. On your exhalation, bring your arms down and behind your back. Clasp your hands together and stretch your palms toward the floor. Feel your chest open and lift.
- Forward bend. Bring your knees slightly apart. Let your head lower slowly, chin to chest, arms hanging loosely. Continue to roll forward inch by inch, leading your head drop toward your lap. Relax there with deep breaths. Slowly roll up, bringing your head up last. Finish with shoulder circles.

Standing

- Swinging arms. Place your feet slightly more than hip width apart and let your arms fall loosely at your side. Gently twist from side to side and let your arms swing like they were empty coat sleeves. Breathe!

- Rag doll. (Only if you have no back concerns.) Inhale and bring your arms overhead and during your exhalation, flop forward like a rag doll, bending your knees and exhaling loudly.
- Side stretch. Inhale and lift your right arm overhead, exhale and extend your left arm down at the side. Inhale and stretch the right hand up. Exhale and stretch the left hand down. Inhale and bend slightly to the left and look up at your right elbow. Breathe. Exhale and return to neutral. Repeat on the opposite side.

Anywhere, Anytime

- Finger Recharging. Flick your fingers as if you were flicking water off the ends. Repeat 10-15 times.
- Skull tapping. With your hands in loose fists, use your knuckles to lightly tap all areas of your skull.
- Skull massage. Using your fingers massage all areas of your scalp. Feel your scalp moving over your skull. Use a light but firm pressure.