



Office Yoga

39 poses
6 m. 5 s.



Office Neutral



Office w. Hands in Prayer Position



Office w. Arms Over Head



Office w. Arms over Head Side Bend - Left



Office w. Arms Over Head



Office w. Arms over Head Side Bend - Right



Office w. Arms Over Head



Office Neutral



Office W. Twist - Left



Office Neutral



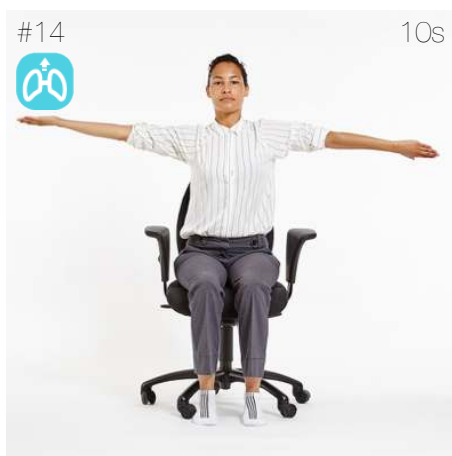
Office W. Twist - Right



Office Neutral



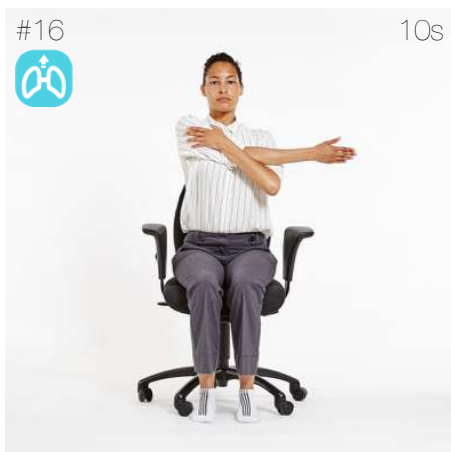
Office Back Bend w. Arms Folded Behind Back



Office whisks 1



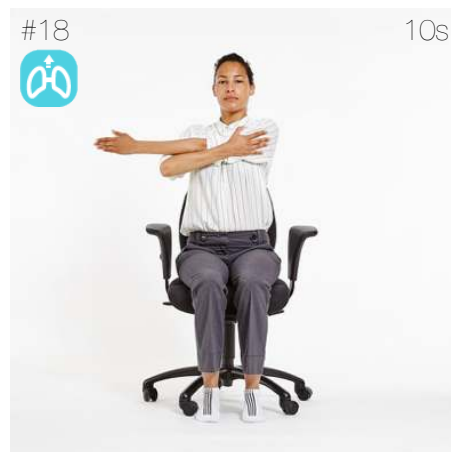
Office whisks 1



Office w. Shoulder Stretch - Right



Office Neutral



Office w. Shoulder Stretch - Left



10s

Office W. Forarm Stretch - Left Inner



10s

Office W. Forarm Stretch - Left Upper



10s

Office W. Forarm Stretch - Right Inner



10s

Office W. Forarm Stretch - Right Upper



10s

Office w. "Wing" Stretch - Right



10s

Office w. "Wing" Stretch - Left



10s

Office W. Knee to Chest - Left



10s

Office W. Leg Stretch - Left



10s

Office W. Half Lotus - Left



Office W. Half Lotus Forward Fold - Left



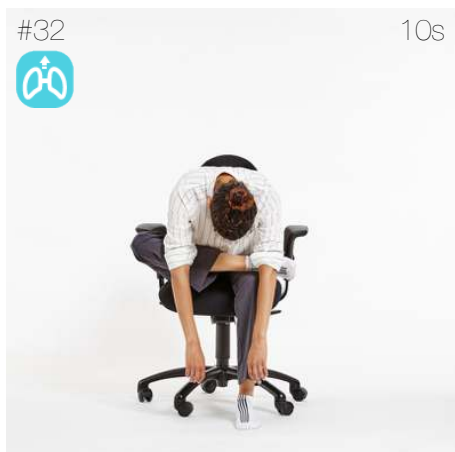
Office W. Knee to Chest - Right



Office W. Leg Stretch - Right



Office W. Half Lotus - Right



Office W. Half Lotus Forward Fold - Right



Office Utkatasana



Office Utkatasana Twist - Left



Office Utkatasana



Office Utkatasana Twist - Right



Office Utkatasana



Office Neutral



Office w. Hands in Prayer Position