

Stretches to Counter Sitting

Hold each pose for at least 30 seconds

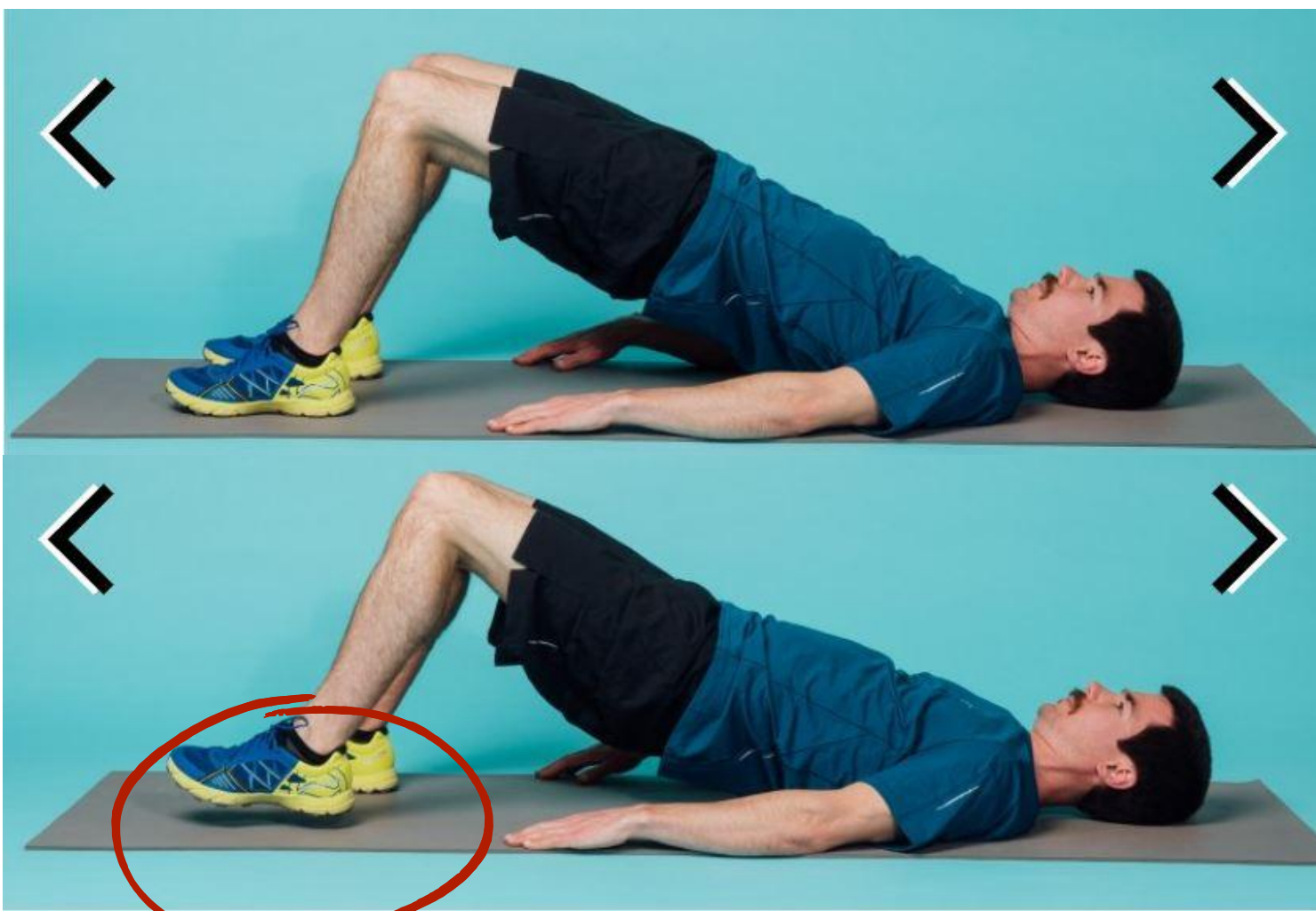
Torso Stretch:
Reach Up - Right/Left - Arch Back



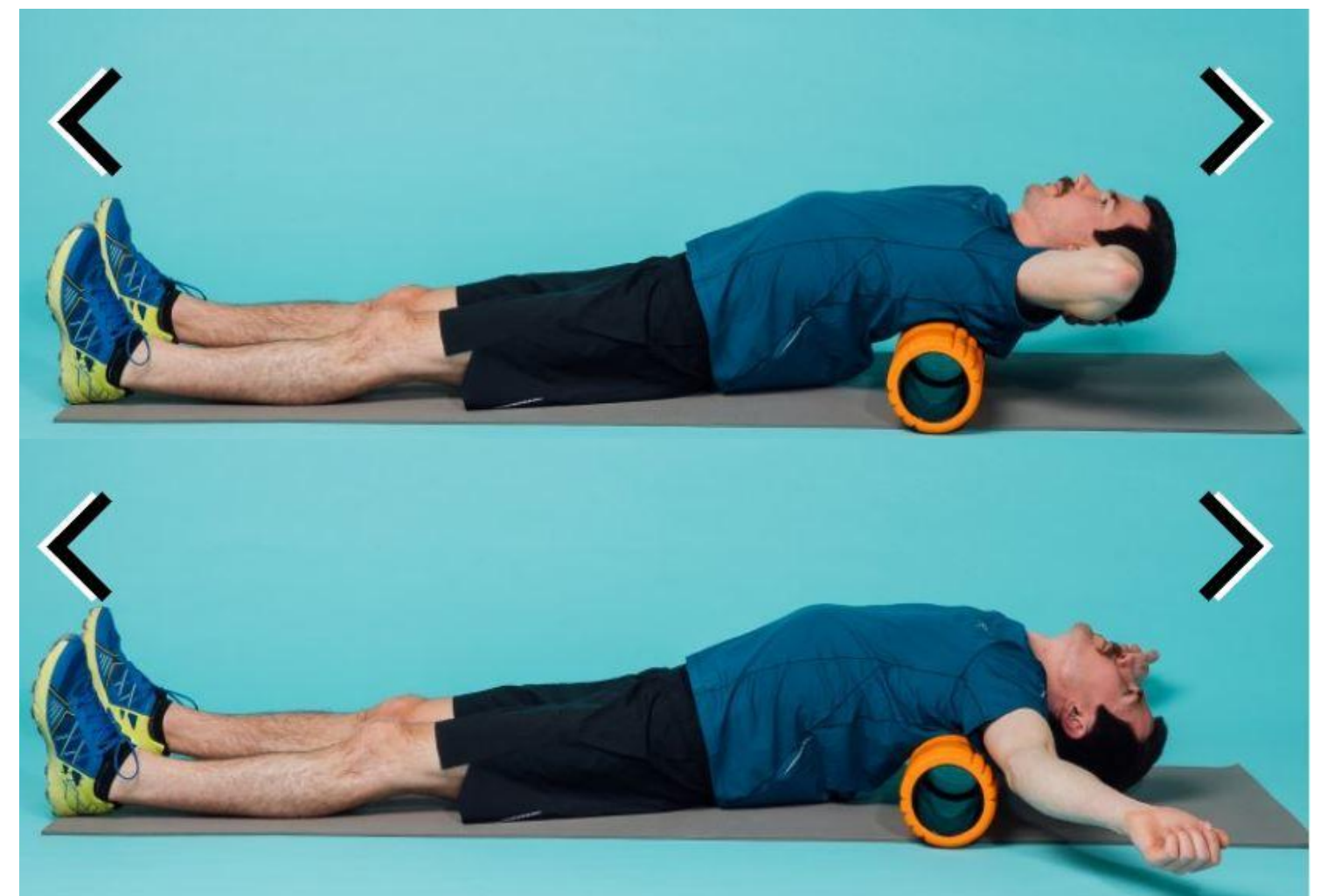
Chair Lunge



Bridge March: Lift foot hold for 5 seconds



Supported Upper Back Bend



Supported Low Back Knee Bend



Half Bow Pose

