



# Bite-Size Yoga

for your **Body**

## Desk Warrior

1



**Make Space:** Stand in front of your desk (or some kind of table-top or wall). Clear the space a few feet behind you.

3



**Warrior Feet:** Step back with your right foot at least a foot or two. Pivot the toes on your right foot so that they point towards two o'clock or about 30 degrees right from center. Straighten right leg if you can. Keep your hips as level and square as you can without tweaking the back knee (pivot your toes back towards the center if this is the case).

2



**Starting Stance:** About a foot back from your table, stand with your feet hips width apart and

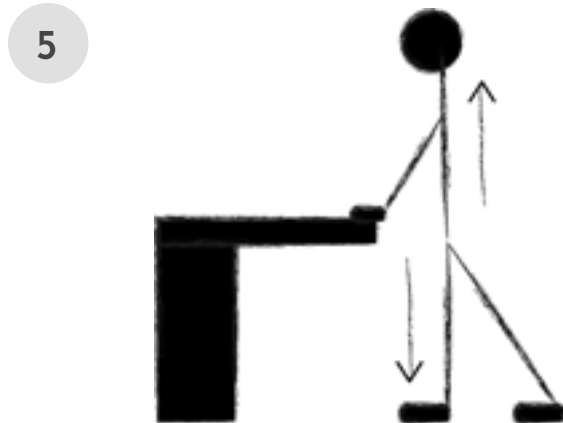
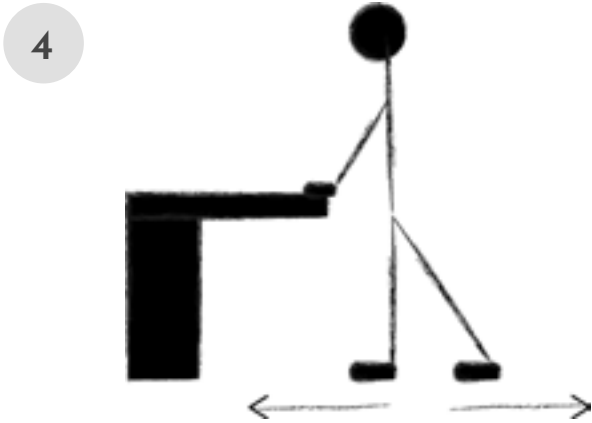




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**Activate Your Legs:** Now it's time to work the legs! Imagine that you're trying to tear the carpet or mat beneath you by driving your front foot forward and your back foot back. Continue to engage the thighs to keep the hips level and square. You can control this internally created resistance to build strength and stamina, depending on how hard you press your feet into the ground while drawing your thighs together.

**Activate Your Core:** With your hands on the table for balance, lengthen your spine by lifting with your heart or like a string pulling from the crown of your head. Think of your body as a toy finger trap. When you press your feet down and lift your heart up, the muscles of your core tighten and engage. This supports your spine and creates stability.





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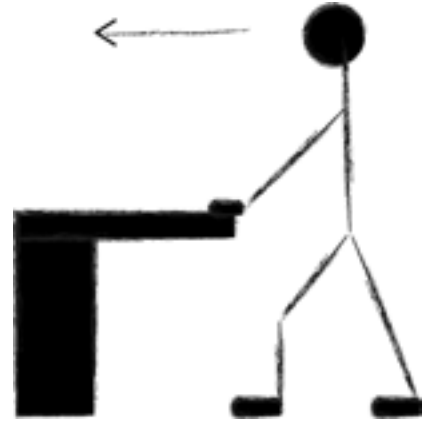
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6



7



**Lunge into Your Warrior:** Once you feel stable and strong, bend your front left leg so that your left knee stacks over your left ankle (make sure you can still see your left toes to check that your knee hasn't gone too far). Continue to keep the back foot rooted and square the hips forward.

**Focus on a Point in Front of You:** With your body stable, find a focal point either on the wall in front of you or at the tip of your nose if it doesn't make you dizzy!

8

**Breathe:** With each inhale, press into your feet and lengthen your spine. With each exhale relax more deeply into your pose.

9

**Come Out of the Pose:** Once you feel focused and ready to come out of this warrior pose, simply step the back leg forward, coming back into standing pose and shake out any engaged muscles to release.

10

**Switch Sides:**  
Repeat on the left side





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### Practice Daily for a Week:

Day 1:

Day 2:

Day 3:

Day 4:

Day 5:

Day 6:

Day 7:

Reflection: How did this practice make me feel?

Reflection: When did this practice work best for me?

### Evaluation:

Like:

Dislike:

Neutral:

