

Desk Yoga Break Card

FitInFlow.space · For information only, not medical advice. Based on NHS, Mayo Clinic, WHO and NCCIH guidance. Updated October 2026.

1. Set up first

Stable chair, ideally no wheels (lock wheels or skip twists) · Feet flat, knees about right angles · Sit near the front edge
Screen about an arm's length away, top at or just below eye level · Wrists straight, elbows close to the body

2. The 12 poses (3 to 5 slow breaths each, both sides; gentle stretch, never pain)

#	Pose	Quick cue	Take care if
1	Seated mountain	Feet flat, shoulders over hips, lengthen up	-
2	Cat-cow	Inhale arch and lift chest, exhale round. 5-8 times	Recent back injury
3	Shoulder rolls	Up, back, down; 5 circles each way	Shoulder injury
4	Neck release	Ear toward shoulder, other shoulder low. No full circles	Dizziness, arm tingling
5	Chest opener	Hands behind, shoulder blades together, lift chest	Shoulder injury
6	Side bend	One hand on seat, other arm up and over	-
7	Seated twist	Lengthen, then turn from mid back on the exhale	Rolling chair, pregnancy, osteoporosis
8	Eagle arms	Arms cross at elbows, lift elbows (or self-hug)	Shoulder injury
9	Wrist stretches	Palm up then down, draw fingers gently back	Numbness or tingling
10	Figure four	Ankle over opposite knee, foot flexed, sit tall	Hip replacement
11	Marching + ankles	Lift knees 5 per leg; 5 ankle circles each way	-
12	Forward fold	Feet wide, fold from hips, rise slowly	Glaucoma, high BP, vertigo, rolling chair

3. Pick a routine

2-minute micro-break 1 Mountain · 3 Shoulder rolls · 4 Neck release · 9 Wrists	5-minute reset 1 Mountain · 2 Cat-cow · 5 Chest opener · 6 Side bend · 7 Twist · 11 Marching	10-minute full sequence All 12 in order, then 1 minute of slow breathing
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4. Desk breath

Breathe in through the nose for a slow count of 4, out for a slow count of 6. Repeat 5 or 6 times. Avoid forceful or fast breathing at your desk.

5. Stop and check

Stop right away for chest pain, sudden shortness of breath, dizziness or faintness, or sharp or shooting pain.

See a doctor for numbness, tingling or weakness, or pain that persists or worsens. Ask first if pregnant, or with glaucoma, osteoporosis or a recent injury.

6. My break tracker (tick each break)

Break	Mon	Tue	Wed	Thu	Fri
11 am					
3 pm					
Stood up every hour					

Chair yoga adds to, but does not replace, the WHO advice of at least 150 minutes of moderate activity a week. It is not a treatment for any condition.