



Feel **ENERGIZED** as you move with purpose and restore with intention

Take a Break with Guided Yoga Sessions

Even a short pause during your day can make a big difference to your focus and well-being. Explore these quick and simple yoga videos selected by that can help you and your team reset and recharge right from your workspace.

Website	Length	Notes
General		
Yoga Alliance Playlist	7-20 minutes	25 videos
Yoga365		FREE one-year program of microexercises, breathing practices, and meditations with an accompanying free app
Chair/Desk Yoga		
Gentle Chair Yoga	10 minutes	
Gentle Chair Yoga Routine	25 minutes	
Yoga At Your Desk	10 minutes	Office Yoga Stretches
Mindful Chair Yoga: A Beginner Practice	30 minutes	
Beginner Chair Yoga	12 minutes	Includes a basic breathing practice, warm-ups, seated yoga postures and relaxation.
Chair Yoga—Yoga for Seniors	17 minutes	A few poses may be difficult to perform in a skirt or dress
Standing Yoga		
Office Break Yoga	14 minutes	Standing poses
15 Minute Chair Yoga: Standing Pose Flow	15 minutes	Chair Assisted standing yoga, self-paced

(Continued)



Scan the QR code to register for upcoming HealthyME workshops and events. For more information about our health & well-being benefits, visit HealthyMEBenefits.com.



Take a Break with Guided Yoga Sessions (cont'd)

Yoga For Specific Needs		
Hands & Wrists-Free Yoga Video Playlist	15 to 50 minutes	27 Videos
Yoga for Arthritis Video Playlist: Johns Hopkins Arthritis Center	2 to 13 minutes	8 videos. Also addresses posture and pain prevention
Yoga for Cancer Video Playlist: Yoga Alliance	12 to 21 minutes	7 videos. Topics include: Fatigue, Lymphedema, Anxiety, Constipation, Bone Loss, Range of Motion
Supporting the Head & Neck		
Intro to Yin Yoga	26 minutes	For relaxation and stress relief. Blanket and pillow required



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