



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 **Healthyme!** that can help you and your team reset and recharge right from your workspace.

GENERAL		
Website	Length	Notes
Located on your Healthyme! digital well-being platform/app provided through Sharecare. Visit: https://montefioreeinsteins.sharecare.com to register with your Montefiore email and EZID.	5-20 minutes	Numerous guided meditations and yoga sessions are available within the Sharecare digital well-being platform/app. To view options, go to: Discover > Inspirations, or Achieve > Programs
Yoga Alliance Playlist	7-20 minutes	25 videos
Yoga365: FREE one-year program of micro-exercises, breathing practices, and meditations with an accompanying free app		

CHAIR/DESK YOGA

Website	Length	Notes
<u>Gentle Chair Yoga*</u>	10 minutes	
<u>Gentle Chair Yoga Routine*</u>	25 minutes	
<u>Yoga At Your Desk - 10 Min Office Yoga Stretches</u>	10 minutes	
<u>Mindful Chair Yoga: A Beginner Practice*</u>	30 minutes	
<u>Beginner Chair Yoga</u>	12 minutes	Includes a basic breathing practice, warm-ups, seated yoga postures and relaxation.
<u>Chair Yoga - Yoga for Seniors</u>	17 minutes	A few poses may be difficult to perform in a skirt or dress

STANDING YOGA

Website	Length	Notes
<u>Office Break Yoga</u>	14 minutes	Standing poses
<u>15 Minute Chair Yoga: Standing Pose Flow</u>	15 minutes	Chair Assisted standing yoga, self-paced

YOGA FOR SPECIFIC NEEDS (continued on next page)

Website	Length	Notes
<u>Hands & Wrists-Free Yoga Video Playlist</u>	15 to 50 minutes	27 Videos

YOGA FOR SPECIFIC NEEDS (continued)

Website	Length	Notes
<u>Yoga for Arthritis Video Playlist: Johns Hopkins Arthritis Center</u>	2 to 13 minutes	8 videos. Also addresses posture and pain prevention
<u>Yoga for Cancer Video Playlist: Yoga Alliance</u>	12 to 21 minutes	7 videos. Topics include: Fatigue, Lymphedema, Anxiety, Constipation, Bone Loss, Range of Motion
<u>Supporting the Head & Neck</u>		
<u>Intro to Yin Yoga</u>	26 minutes	For relaxation and stress relief. Blanket and pillow required