



# Yoga

## *Video Resources*

Various styles of [yoga](#) typically combine physical postures and movement, breathing techniques, and meditation or relaxation.

### **Office-Friendly Videos**

- **5 Minutes**
  - [Office Yoga](#)
  - [Desk Yoga for Better Posture](#)
  - [Desk Yoga for Hips & Back](#)
  - [Desk Yoga for Neck & Shoulders](#)
  - [Desk Yoga for Wrists](#)
- [Yoga at Your Desk](#) (7 minutes)
- [Office Yoga to Feel More Balanced](#) (8 minutes)
- **10 Minutes**
  - [Chair Yoga Practice](#)
  - [Office Chair Yoga | Yoga at Your Desk | Lunch Break Yoga](#)
  - [Chair Yoga | Office Break Stretch](#)
  - [Office Yoga to Reduce Stress](#)
  - [Yoga at Your Desk – 10-Minute Office Yoga Stretches - Chair Yoga for Everyone - Yoga at Work](#)
  - [Yoga at Your Desk](#)
- [Stand Up and Stretch](#) (11 minutes; no equipment needed)
- [12-Minute Chair Yoga for the Office](#)
- [12-Minute Chair Yoga for Travel and the Office](#)
- [Chair Yoga for the Office](#) (12 minutes)
- [Office Break Yoga | 14-Minute Yoga Practice](#) (no equipment needed)
- [Yoga for Your Lunch Break](#) (20 minutes; no equipment needed)

### **Beginner Videos**

- [Yoga for Hands, Fingers, Wrists | 11-Minute Yoga Quickie](#)

### **Additional Resources**

- [Yoga: What You Need to Know](#) (National Institutes of Health)

*Please consult your physician before you start any exercise program.*