

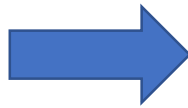
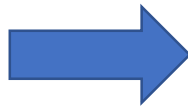
## Neck Back Stress Unplugged

This document explains Yoga movements and breath work which targets our back, neck and stress related issues and which one can perform while sitting at their workstation anytime.

### **Top benefits of stretching**

1. Encourages an optimistic outlook
2. Fortifies posture
3. Enables Increase stamina
4. Decreases risk of injury
5. Improve energy levels
6. Promotes blood circulation
7. Improve athletic performance
8. Reduced soreness
9. Reduces cholesterol

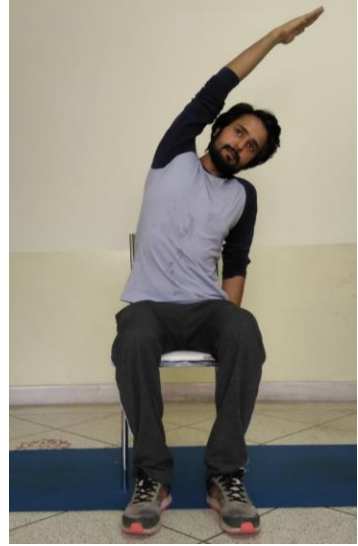
# Rotate your Neck Clock Wise



# Side Stretches



# Side Stretches



# Back Muscles Stretches



# Chair Yoga Surya Namaskar 1/2





# Chair Yoga Surya Namaskar 2/2



END