

# Somatic Chair Yoga:

## Your Daily Workday Reset

*A simple guide to releasing tension, clearing mental fog, and resetting your nervous system—right from your desk.*

### THE 8 MAIN MOVEMENT DIRECTIONS OF YOGA

True somatic wellness honors the classic main directions of spinal movement to completely balance hormones and release stored trauma. While a full practice encompasses all 8 directions, our specialized 30-minute workplace reset focuses deeply on 4 core movements designed specifically for desk-bound professionals.

#### Phase 1: Grounding & Intention Setting (5 Minutes)

Before moving, we must signal to the nervous system that it is safe to slow down.

##### ❖ The Setup:

- Slide your back flush against your office chair.
- Place both feet completely flat on the floor, allowing your knees to settle into a comfortable angle.
- Rest your hands gently on your lap.

##### ❖ • The Breath:

- Close your eyes or soften your gaze toward the floor.

- Take a long, slow breath in through your nose, letting your belly expand.
- Hold it for a brief second, and then release it completely through your mouth with a soft sigh.
- Repeat this for several deep breaths, feeling your shoulders drop lower with every exhale.

**Say The Affirmation Out loud or Quietly to yourself:**

**"I am arriving back into my physical self. I honor my internal needs and allow myself this vital moment of stillness."**



**Phase 2: Releasing the Neck & Shoulders (Core Movements 1 & 2)**

*Hours of typing lock heavy tension into the upper back and neck.*

*Let's melt that away.*

❖ Neck Rolls:

- Gently drop your chin toward your chest.
- Slowly roll your right ear toward your right shoulder, pausing where it feels tight.
- Roll back through the center over to the left side.
- Move like water—slow and easy.

❖ Shoulder Shrug Resets:

- Inhale deeply as you shrug both shoulders tightly up toward your ears.
- Hold the tension for three seconds.
- On a sharp exhale through your mouth, drop your shoulders down completely.
- Feel the instant rush of blood flow.

❖ Seated Cat-Cow (Spinal Extension & Flexion):

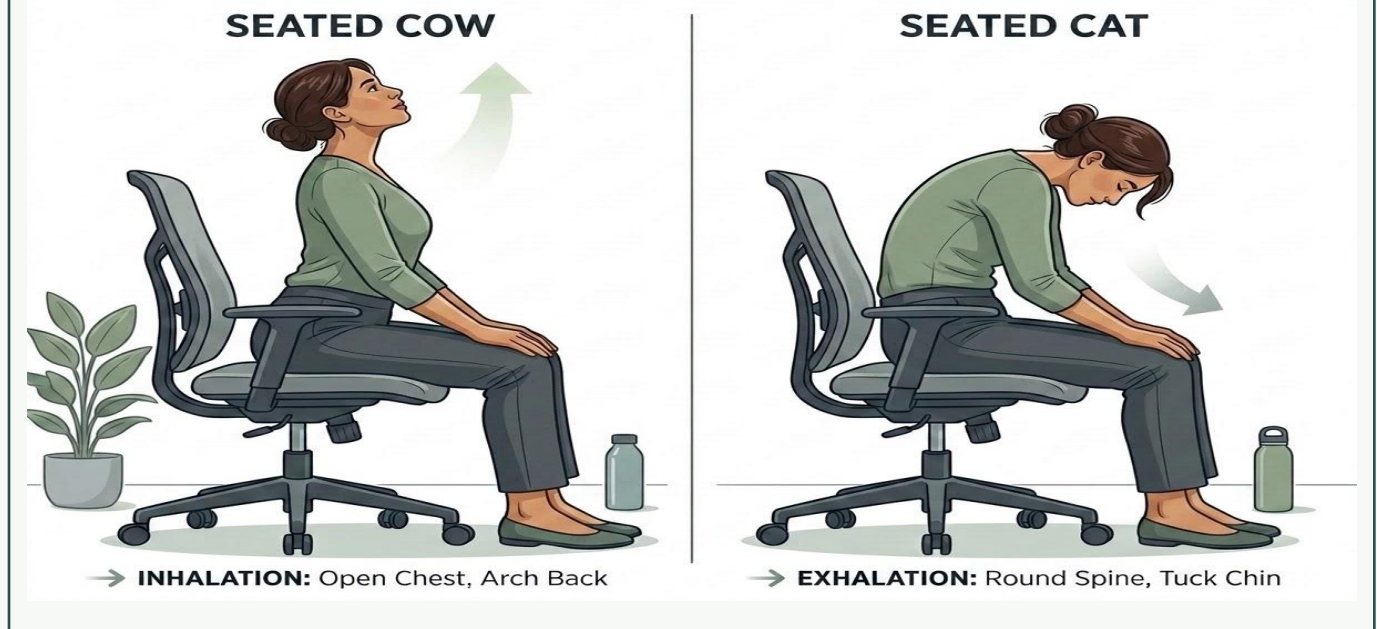
- Place your hands securely on your knees.
- Inhale as you gently arch your back, lifting your chest and chin toward the ceiling (Cow position).
- Exhale as you round your spine, tucking your chin and pulling your belly button in toward the back of your chair (Cat position).
- Repeat this 3 to 5 times to wake up the spine.

**Say The Affirmation Out loud or Quietly to yourself:**

**"I release the weight of the day from my shoulders. My mind is open to fresh, creative ideas."**

**Seated Cow Position / Seated Cat Position**

## THE 8 MAIN MOVEMENT DIRECTIONS OF YOGA: CAT-COW SPINAL RESET



### Phase 3: Waking Up the Lower Body (Core Movements 3 & 4)

*Sitting with bent knees all day cuts off energy and blood circulation.*

*Let's restore the flow.*

#### ❖ Seated Figure-4 Stretch (Hip Opening):

- Keep your left foot flat on the floor.
- Lift your right ankle and place it across your left knee (forming the shape of a number 4).
- Rest your hands on your leg.
- Keep your spine long, inhale, and gently lean forward from your hips until you feel a deep, restorative stretch in your right hip.
- Hold for 5 breaths, then switch sides.

#### ❖ Gentle Torso Twists (Spinal Rotation):

- Sit up tall. Place your left hand on the outside of your right knee, and rest your right hand on the back of your chair.
- Inhale to find length in your spine, and exhale to gently twist to the right, looking

softly over your right shoulder.

- Hold for 3 breaths, then gently unwind and switch sides.

❖ **Ankle & Leg Extensions:**

- Extend your right leg straight out in front of you, lifting your foot off the floor.
- Flex your toes back toward your face, then point them away.
- Roll your ankle in slow circles clockwise, then counter-clockwise.
- Lower the foot and repeat with the left leg to completely restore blood flow.

**Say The Affirmation Out loud or Quietly to yourself:**

**"I open my hips to new possibilities and twist away the tension of the past, creating space for my own well-being." Seated Figure-**

**4 Hip Opener / Seated Torso Twist**

**FIGURE-4  
HIP OPENER**



**SEATED  
TORSO TWIST**



## Phase 4: Integration & Returning to Work

*Take one final, collective breath in through the nose, filling your lungs completely.*

*Let it go.*

- ❖ •Gently wiggle your fingers and toes, arriving back into your workspace with complete physical awareness, mental clarity, and a fully reset nervous system.

**Say The Affirmation Out loud or Quietly to yourself:**

**Closing Affirmation**

**"My body is resilient, my mind is completely clear, and I am stepping back into my day with ease."**

**Final Integration Reset & Energetic Balancing**



For further guidance, reach out to: Mary Johnson [www.ReikiMd.org](http://www.ReikiMd.org)

*"Vitality flows where intention goes.*

*Anchor in your respiration.*

*True wellness emerges from the union of tranquil presence, conscious breathing,*

*and*

*consistent daily movement."*