

The Break Room

A wellness webinar series with Premise Health

Yoga Detox posture breakdown



Before beginning any exercise program, check with your provider for medical evaluation and clearance to engage in physical activity. If you have any questions or health concerns, your care team can help. You may also have a fitness center available with in-person or virtual yoga classes. Check with your employer to learn more about your offerings through Premise Health.

Stress relief

1 Savasana

- Reduces tension
- Calms the mind and body



2 Happy baby pose

- Gently stretches the thighs, hip flexors and spine
- Relieves stress and anxiety



3 Child's pose

- Gently stretches the hips, thighs and ankles
- Relieves stress and promotes relaxation



Improved shoulder stiffness

1 Prone shoulder stretches

- Stretches the front of the shoulders and pecs



2 Thread the needle

- Opens the shoulder blades
- Relieves tension in the upper back and shoulders
- Provides a mild spinal twist



3 Supported fish

- Opens the chest and shoulders
- Stimulates the throat and abdomen
- Stretches the chest, shoulders and neck



Back pain relief

1 Cat/Cow

- Stretches and mobilizes the spine
- Stretches the torso, shoulders and neck



2 Bridge

- Improves posture
- Counteracts the effects of prolonged sitting
- Relieves low back pain
- Stretches the abdomen, chest and shoulders
- Strengthens back muscles, glutes, thighs and ankles



Higher energy levels

1 Cobra

- Improves posture
- Opens the chest
- Improves fatigue
- Strengthens the spine, arms and wrists
- Stretches the shoulders and abdomen



2 Downward facing dog

- Improves posture
- Counteracts the effects of prolonged sitting
- Relieves low back pain
- Stretches the abdomen, chest and shoulders
- Strengthens back muscles, glutes, thighs and ankles



3 Dancer

- Improves balance, focus and energy
- Strengthens the core and back muscles
- Stretches the chest and shoulders
- Strengthens the glutes, hip flexors, thighs, quadriceps, shins and ankles



Improved digestion

1 Extended side angle

- Improves posture
- Opens the chest
- Improves fatigue
- Strengthens the spine, arms and wrists
- Stretches the shoulders and abdomen



2 Supine twist

- Gently massages the organs
- Promotes new blood flow
- Improves digestive health
- Reduces pain and inflammation in the lower back and shoulders



Headache relief

1 Waterfall

- Improves circulation
- Sends new blood flow from lower extremities to the brain to relieve headaches
- Reduces stress and promotes relaxation

