



Reducing Ergonomic Risk - Desk Yoga

Working from home has seen a huge increase in sedentary behaviors. We have known for some time that behavior is the most important factor when it comes to prevention of discomfort in the workplace.

Regular movement is fundamental to boosting circulation and preventing the common aches and pains that lead to fatigue, distraction, and potentially the need to take time off work for treatment or recovery.

During this interactive session, we will

- Share some useful and important tips for keeping the back, neck, and shoulders flexible and pain-free.
- Demonstrate an interactive routine of yoga-based movements that can be used daily to treat or prevent musculoskeletal problems.
- Explore some of the principles of yoga to enable people to stretch, boost circulation and promote relaxation while working.

Stretches will target some of the common areas of pain that we see as assessors (headaches, neck, back, and arm pain).

Join the interactive session to find out and learn how it can really help to keep you healthy, happy and pain free!