

WORKPLACE TIPS TO QUICKLY RELIEVE STRESS AND NECK PAIN WITH SIMPLE YOGA STRETCHES

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NECK STRETCH 1

Close your eyes: Drop the shoulders, then inhale slowly as you raise the head until you feel a comfortable stretch in the front of the neck. Hold for 2 seconds. Exhale bring the chin towards the chest. Practise 5 times.

NECK STRETCH 2

Close your eyes: Drop the shoulders and inhale. Slowly exhale as you lower the right ear down towards the right shoulder. Inhale back to centre, then exhale to the left side. Practise 5 times to each side. Take care not to strain.



YOGA CLASSES AT YOUR WORKPLACE

Ondine Savage, at **Hatha Yoga Sydney**, offers tailored yoga classes for your workplace team. Classes may focus on stiff necks and shoulders, hips, back pain or headaches and eye strain. Individual needs are also addressed within a group setting to ensure that everyone benefits.

Stress management is integral to each class, with guided yoga relaxation to alleviate stress, tension and anxiety.



Hatha Yoga
SYDNEY

For a **FREE TRIAL CLASS**: Contact Ondine
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