



# REST & RECHARGE

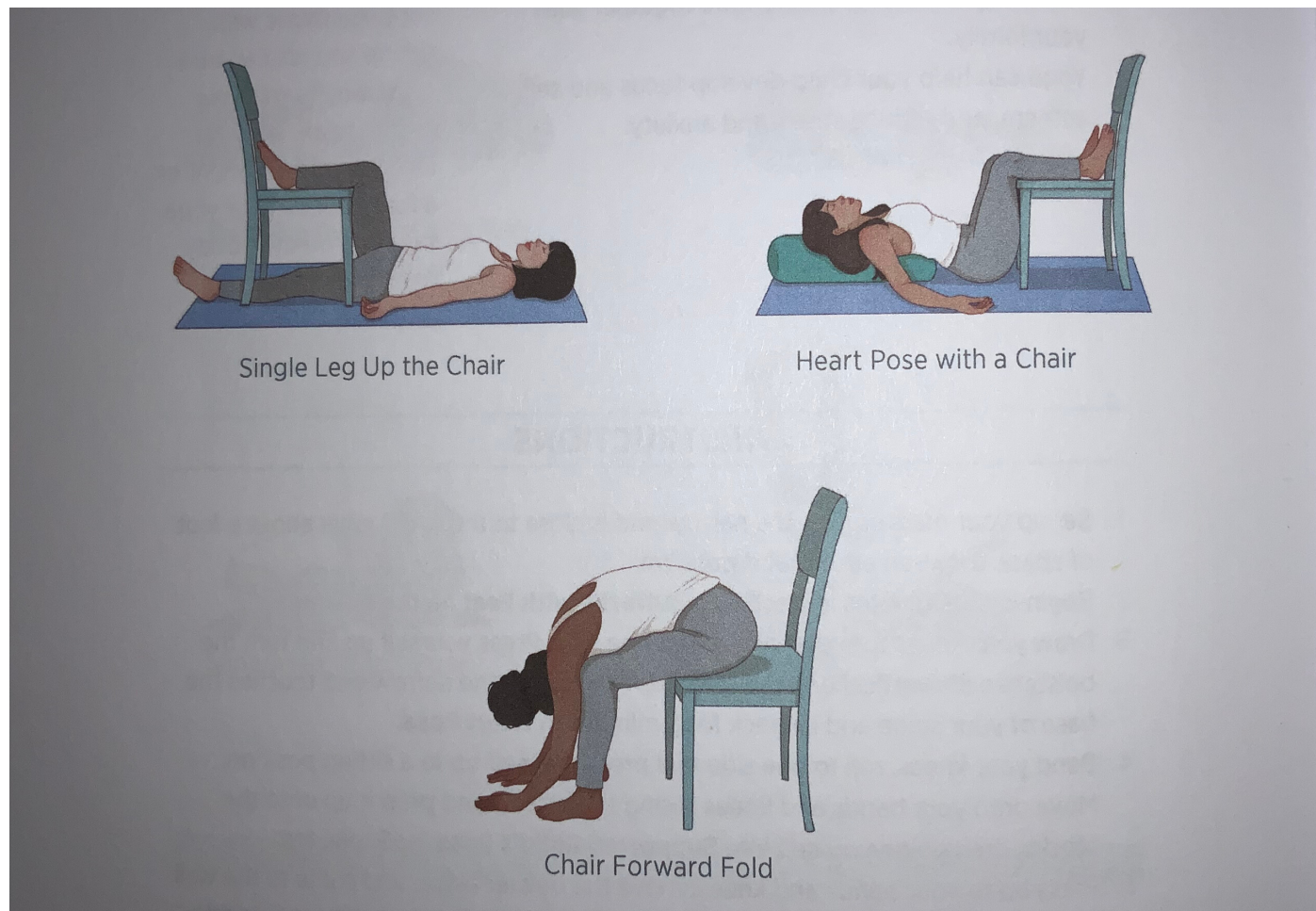
## Wellness Tips & Tricks for Working Professionals

Combat mental fog, sluggishness, and stretch muscles that are compressed from sitting at the desk. Each offering can be used together or on it's own to lift energy and de-stress.

To welcome a more peaceful environment, try dimming the lights, closing your eyes, and playing an easy tune.

### RESTORATIVE YOGA SEQUENCE

This sequence titled "Office Space" is from [Restorative Yoga for Beginners](#) by Julia Clarke, Callisto Media Inc.



Hold each pose for 3-5 minutes. Close your eyes and feel your body in the present moment.

**1. Single Leg Up the Chair** Start seated with your knees bent close to the chair. Ease yourself down to your back and swing your leg up to the chair seat. Release your arms to your side. To exit, slide the chair out of the way, roll to the side, and come to a seat. Repeat on the other side.

**2. Heart Pose with a Chair** Start seated with a pillow placed long ways at the base of your spine. Have your knees bent close to the chair. Ease yourself down to your back so your spine rests on the pillow. Swing your legs onto the chair seat. Release your hands by your side.

**3. Chair Forward Fold** Start seated in a chair and bring your feet flat to the ground about 6 inches apart. Draw chin towards chest, round and roll your spine down until your torso rests on your thighs. If tightness in your back doesn't allow for this, try placing a pillow or blanket on your thighs before folding forward.

#### Additional Pose for Restoration (not pictured)

Sit in a chair with feet flat to the ground and bring your arms behind you. Clasp onto opposite wrist, forearm or elbow behind your back. Roll your shoulders away from your ears. Your shoulder blades will naturally draw together creating expansion through your chest. Drop each ear gently towards your shoulder for a bonus neck stretch.

### 5 MINUTE MEDITATION TUNE UP

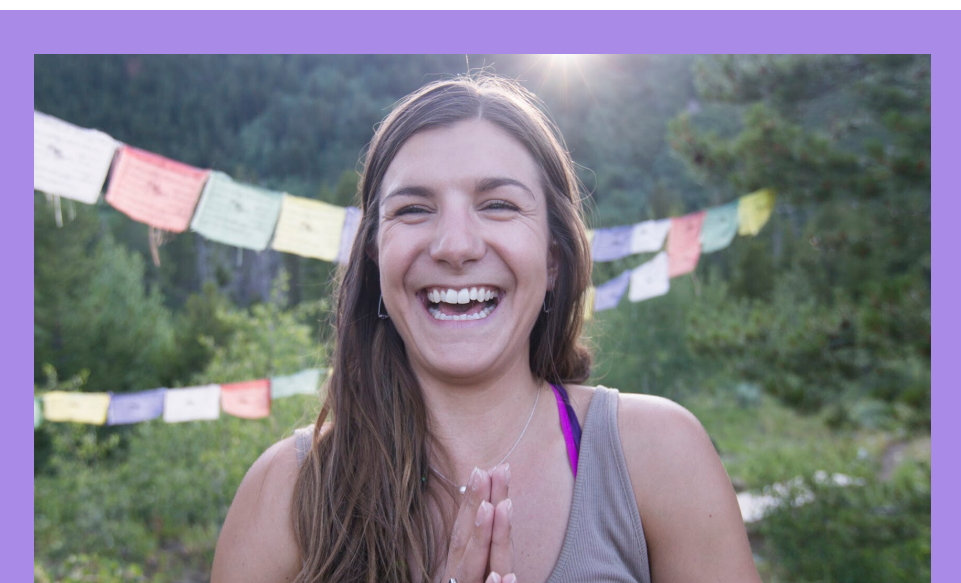
There are several meditation apps available for download that can provide a timer as well as guided journeys. A personal favorite is [Insight Timer](#).

Find a comfortable seat in your chair, the floor, or lie on your back. Close your eyes and begin to notice the state of your physical body, the clothes touching your skin, and the points of contact to the earth to help focus on the present moment. Notice anywhere you may be clenching, holding, or resisting. Begin to simply breathe into those areas imagining your muscle releasing away from your bone. Shift your focus to your breath now, and visualize your long breath entering in through your nostrils, traveling down to the pit of your belly, expanding your rib cage and your lungs. With the exhale, visualize the body parts that are touching the earth sinking down deeper and growing roots into the ground. Continue to breathe like this focusing on expansion in the inhale and grounding down on the exhale.

### LUNAR BREATH

Avoid eating a large meal prior to this breath practice. Spend 3-5 minutes practicing the technique below and notice any calm and clarity it may bring.

Find a seat in your chair, on the floor, or lie on your back. If it's comfortable, close your eyes, or find a heavy gaze staring at something stable like a photo or token. Exhale out your breath entirely. Take a slow and deep inhale through the nose breathing into the pit of your belly. Open your mouth to exhale out your breath giving an audible sigh. Repeat this three times. Now, take the thumb on your right hand and plug your right nostril. Breathe slowly through the left nostril. Release the right nostril to exhale your entire breath. Plug your right nostril again and breathe in. Repeat this pattern for several breaths (12-16 times). Release both hands into your lap and return to a normal breathing pattern. Notice any calming and cooling effects for a few moments. If you're experiencing a cold or have clogged sinuses, skip plugging your nose and just visualize your breath entering through the left nostril.



**MELISSA BARTOLETTA**  
200 HR RYT

Melissa is an Integrated Vinyasa yoga teacher located in the Raleigh-Durham area. Her yoga practice is rooted in her optimism and excitement for life. Melissa strives to make the practice of yoga accessible to all through her class sequences and mindful variations. She is never-stopping to learn from experiences on and off her mat and will challenge you to do the same.

Melissa is currently livestreaming classes on Sundays and Wednesdays at 5:30 PM through [Sahaja Space](#) in Durham, North Carolina.

[@mel\\_b\\_yoga](#)

[melissabartoletta@gmail.com](mailto:melissabartoletta@gmail.com)