

Mind the Gap – Chair Yoga Techniques

Section 1: Seated Cat-Cow & Self-Hug Exercise

Instruction: Sit upright in your chair with your feet flat on the floor.

1. **Inhale:** Extend your arms wide to the sides, opening your chest and expanding your posture.
2. **Exhale:** Wrap your arms around yourself to give yourself a warm hug. Round your spine forward and gently drop your head.
3. **Inhale:** Expand your arms back out wide, opening your chest to the space around you.
4. **Exhale:** Hug yourself again, rounding your back and relaxing your shoulders.
5. **Repeat:** Continue this flow for **3 to 5 full breath cycles**, alternating the arm on top with each hug if desired.

Section 2: Box Breathing / Equal Count Breathing

Instruction: Sit comfortably with a straight spine and rest your hands in your lap.

1. **Inhale:** Breathe in slowly through your nose for a count of **4 seconds**.
2. **Exhale:** Release the breath slowly through your nose or mouth for a count of **4 seconds**.
3. **Progress (Optional):** Once comfortable with a 4-second pace, increase the rhythm to **6 seconds in** and **6 seconds out**.

Note: This technique helps regulate the nervous system during high-stress situations, anxiety, or right before exams.

Section 3: Standing Grounding & Centering Exercise

Instruction: Stand upright near your chair or desk with your feet hip-width apart.

1. **Posture:** Stand tall and gently relax your shoulders down away from your ears.
2. **Eyes:** Softly close your eyes or fix your gaze on a single point in front of you.
3. **Grounding:** Bring awareness to your feet and feel full contact with the floor.
4. **Breath:** Take a deep breath down into your belly:

- **Inhale:** Breathe in deeply, feeling present and grounded.
 - **Exhale:** Release all tension as you breathe out.
5. **Acknowledge:** Take one final full breath in and out, holding the feeling of presence before returning to your activity.