



# HOTEL YOGA

INDEPENDENT



1. First, find a comfortable seated or standing position and reach up to the sky. Bring a soft smile to your face as you **allow all worries to slip from your mind** for the next few minutes.

2. Breathe in deeply and release the tension in your neck.

3. Reach over the top of your head with one hand and place it on your opposite ear, gently drawing your head in the direction of your bent elbow and extending your opposite arm to the side. Reach through your extended arm as you inhale through your nose all the way into your belly. Exhale out through your mouth, **releasing tension in your shoulders, neck, and arms**. Repeat this movement on the opposite side.

4. Return to center.

5. As you exhale, reach down toward your toes and **release the tension in your back and shoulders**, which tend to tighten throughout the workday. Tuck your chin and feel the elongation along the back of your neck, gently shaking your head yes, then no.

6. Lift halfway up, reaching through the top of your head, then fold back down toward the floor. Return to a standing position and **thank yourself for taking a moment** for your health.



## What is your relationships with feedback?

Feedback can be intimidating and our response to it has everything to do with the feedback we've received during our childhood and relationships.

**Listen to or download** our military spouse wellness exclusive interview with Dr. Shanita Williams, an expert on feedback.

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