

RANJANA YOGA CLASS

Yoga for Desk Workers

A Beginner's Guide

Short seated and standing breaks to ease stiffness,
plus habits for a healthier workday

By Ranjana Sinha | ranjanayogaclass.com

General education only. Not medical advice. Speak with your doctor before starting any new practice.

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1. What desk-break yoga is

Long hours of sitting and screen work can leave the neck, shoulders, back and hips stiff. Short movement breaks through the day help many people feel more comfortable.

You do not need a mat or special clothes. A chair, a wall and a few minutes are enough for most of these movements.

The short answer

Take a short break every hour: stand, move your neck and shoulders, stretch your hips and breathe slowly. These are comfort habits, not treatments for any condition.

2. Before you begin: safety first

General education only. Check with your doctor first if you are pregnant, have high blood pressure, a heart, lung, joint or spine condition, osteoporosis, an eye condition such as glaucoma, or have had recent surgery or injury.

Stop and rest if you feel:

- sharp, pinching or burning pain (a mild stretch is fine, pain is a stop sign);
- dizziness, nausea or breathlessness;
- numbness or tingling, or pressure in the head or neck.

Doctor first

If you have ongoing neck, wrist or back pain, numbness or tingling in the arms or hands, see a doctor or physiotherapist. Move within a pain-free range.

Stop and get medical advice if you notice:

- numbness or tingling in the arms or hands;
- pain that wakes you at night or keeps worsening;
- dizziness when turning the head.

3. Eight desk-friendly movements

Movement	How	Time
Seated mountain	Sit tall, feet flat, shoulders relaxed.	5 breaths
Neck half-circles	Chin to chest, ear to shoulder, slowly.	5 each side
Shoulder rolls	Back and down, relaxed.	10 rolls
Seated cat and cow	Hands on knees, arch and round.	8 rounds
Seated twist	Hold the chair back, turn gently.	5 breaths each side
Wrist and finger stretch	Extend the arm, gently pull fingers back.	20 sec each
Standing forward fold	Hinge at the hips, knees soft, hands on a desk.	5 breaths
Calf and ankle stretch	Stand, step back, press the heel down.	20 sec each

4. A 5-minute desk break

Time	Practice	Notes
1 min	Stand, mountain pose, slow breaths	Relax.
1 min	Neck and shoulder rolls	Small.
1 min	Seated cat and cow	Gentle.
1 min	Seated twist each side	Easy.
1 min	Wrist stretch and walk	Move.

5. Your four-week plan

Week	Focus	Length	What to notice
1	One break at midday	5 min	How does your neck feel?
2	Two breaks a day	5 min each	Is stiffness easing?
3	Break every hour	3-5 min	Notice mood and focus.
4	Add a short evening stretch	10 min	Keep what works.

6. Choosing a class or teacher

A short lunchtime class is a good way to build a habit. Look for gentle or beginner classes.

- Tell the teacher about your condition, medicines, injuries and pregnancy before class.
- Ask about their training for your situation.
- Avoid anyone who says yoga can replace your treatment.

7. Practising at home

Set a reminder every hour. Keep the screen at eye level, feet flat and shoulders relaxed. Walk when you can.

8. Honest expectations

Breaks help many people feel more comfortable, but good desk setup, activity and medical care matter too. Yoga is not a treatment for pain conditions.

9. Common mistakes and fixes

Mistake	Fix
Skipping breaks	Set a timer.
Forcing stretches	Mild only.
Slouching afterwards	Reset posture.
Ignoring pain	See a professional.
Sitting all day	Stand and walk.

10. Questions people ask

How often should I take a break?

Roughly every 30 to 60 minutes, for a few minutes.

Can yoga fix my posture?

It can build awareness and strength, but desk setup and habits matter.

Do I need a mat?

No. A chair and a wall are enough.

Will this help neck pain?

It may ease stiffness. See a doctor for persistent pain.

11. A pre-session checklist

- Have I eaten lightly, at least two hours ago, and had some water?
- Is my space clear, warm and free from interruptions?
- Do I know what I will practise, and how long I have?
- Is there anything in my body today (pain, tiredness, illness) that means I should do less?
- Do I know my stop signs: sharp pain, dizziness, breathlessness?

Running through these five questions takes less than a minute and prevents most beginner problems.

12. Your first week, day by day

Day	Suggestion
1	Read this guide. Try just the warm-up and the final rest.
2	Rest, or a five-minute walk.
3	Repeat day 1 and add one new pose or step.
4	Rest.
5	Practise a short version. Notice how you feel afterwards.
6	Write a few lines in the practice log.
7	Rest. Plan next week from what you noticed.

Three short sessions a week are a good start. Regular, gentle practice builds confidence, and rest days let the body adapt.

13. Glossary

Term	Plain meaning
Ergonomics	How a workspace fits your body.
Hinge	Fold from the hips.
Posture	How you hold your body.

Reminder

This guide is general education and not medical advice. It does not diagnose, treat or cure any condition. If you have a health concern, speak with your doctor before starting a new practice.

Practice log

Print this page and keep a short record. Notes help you see patterns over time.

Day	Minutes	Breaks taken	How it felt	Notes
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				