**Simple Yoga Asanas for Seated Practice**

* Neck rolls – Sit with your spine straight, neck slightly tucked in.  Rotate your neck a small circular motion to the right, coordinating your breath with the movement for one minute. Switch sides rotating to the left for one minute. Then inhale center, suspend the breath for a moment, exhale.
* Spinal flex – Sit with your spine straight, neck slightly tucked in. Inhale flex your spine forward extending your navel out, exhale bending your spine back navel pulling in towards the spine. Continue for one minute. Then inhale center, suspend the breath for a moment, exhale.​
* Spinal twist - Sit with your spine straight, neck slightly tucked in. Extend your arms out parallel to the floor. Grab your shoulders fingers in front, thumbs in back. Inhale twist to the left, exhale twist to the right. Continue for one minute. Then inhale center, suspend the breath for a moment, exhale. ​
* Shoulder Shrugs- Sit with your spine straight, neck slightly tucked in. Inhale raise your shoulders up towards your ears. Exhale drop your shoulders down. Continue this motion repeatedly. To end, inhale raising the shoulders up, suspend the breath for a moment, exhale dropping the shoulders down. ​