1. **Wrist stretch.** Make fists and bring your knuckles together. Bring your forearms onto your desk and then raise your elbows as high as you can while keeping the fists on the desk and knuckles together.

2. **Wall Lunge.** (Hip, chest and shoulder stretch). Lunge with your right side near a wall. Step your right foot back and reach your right arm back to place your hand on the wall at shoulder height or higher. The arm can be straight or bent. Your left hand can come to your right waist as you intend to twist away from the wall.

3. **Standing pigeon.** (Hip stretch). Bend your knees and bring your right ankle on top of your left knee. Reach your arms forward and lean forward if you want to increase the stretch.

4. **Seated pigeon.** (Hip stretch). Bring your right ankle on top of your left knee. Right hand comes to right knee and left hand to the left foot. If you want to increase the stretch lean forward.

5. **Standing yoga mudra.** (Shoulder and hamstring stretch). Stand and clasp your hands behind your back. Fold forward and reach your arms away from your back. If your hamstrings are really tight keep your knees bent.