



STRETCH AT YOUR DESK

Feel Better in 5 Minutes — Without Leaving Your Chair

Your desk doesn't have to be a source of tension. With just a few simple movements, you can release tight shoulders, ease your neck and back, and boost your focus—right from where you sit.

This guide offers short, effective stretches you can do at work, at home, or anywhere you find yourself sitting too long. Each move is designed to improve posture, reduce stress, and bring more energy and ease into your day.

You don't need a mat. You don't need a change of clothes. You just need a chair, a breath, and a few mindful moments to reconnect with your body.

BY EMILY WALSH RIBEIRO



Introduction

WHAT IS STRETCHING?



Stretching is a simple way to reconnect with your body. It helps release tension, improve posture, boost circulation, and calm your mind—especially after long periods of sitting.

For women over 40, regular stretching can ease joint stiffness, support hormonal shifts, and bring more ease into everyday movement. It's not about being flexible—it's about feeling good in your body, right now.

“Your body holds incredible potential. Care for it, listen to it, and it will carry you through life with ease.”

-Emily Walsh Ribeiro

About THE AUTHOR

Emily is a Yoga Health Coach and published author with over 5,000 yoga classes taught, impacting the lives of more than 15,000 students. For nearly a decade, she's taught at some of Orlando's most respected yoga studios and schools, and has published books and courses on yoga, nutrition, and mindfulness.

She grew up in rural Florida, spending her days exploring rivers in her rowboat with her dog – a love of nature that still inspires her mindful, grounded approach to wellness today. Now living in Winter Park, Florida with her husband, two teens, and two cats, she enjoys freediving, exploring springs, and jeep trail riding in her free time.

Her own healing journey taught her that small, consistent practices – like the stretches in this plan – can transform the way we feel. Today, she is passionate about helping women over 40 feel vibrant, confident, and at home in their bodies again.



DO YOU NEED
MORE HELP?

SCHEDULE A CALL



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Before We Begin

BENEFITS OF STRETCHING



Stretching isn't just about flexibility – it's about freedom in your body.

When you stretch regularly, you:

- Release tension in tight muscles and joints.
- Improve mobility so everyday movements feel easier.
- Boost circulation for better energy and recovery.
- Enhance posture by balancing the muscles that support your spine.
- Support mental well-being through mindful, relaxing movement.

Every stretch you take is an investment in how you want to feel tomorrow, next month, and years from now.



Before We Begin

SAFETY TIPS FOR STRETCHING



Stretching should feel good – never painful.

To keep your practice safe and effective:

- Warm up first with gentle movement like walking in place or shoulder rolls.
- Move slowly and avoid bouncing in your stretches.
- Breathe deeply to help your muscles release.
- Listen to your body – if you feel sharp pain, ease out immediately.
- Use props like pillows, straps, or chairs for extra support.

Remember, stretching is about nurturing your body, not pushing it to its limits.



Before We Begin

HOW TO USE THIS GUIDE



This guide is designed to help you stretch in short, effective bursts—right from your chair. Each stretch targets common tension areas like the neck, shoulders, hips, and back.

You can:

- Choose 1-2 stretches to break up your workday
- Do the full sequence for a quick 5-minute reset
- Repeat your favorites anytime you need to breathe and re-center

No mat, no sweat, no pressure. Just mindful movement to help you feel better—fast.



How to Use This Guide

INSTANT RELIEF



Quick Wins You'll Notice

- ✓ Looser Hips & Shoulders - those spots that always feel "tight" will start to ease.
- ✓ Less Back & Neck Tension - simple daily twists and folds release built-up stress.
- ✓ Better Posture & Mobility - moving through your day feels lighter and easier.
- ✓ More Energy & Calm - short stretch breaks reset both your body and your mind.
- ✓ Confidence in Your Body - you'll trust yourself to move without fear of pain.

💡 Most people start noticing small changes right away and REAL changes in just 7 days — and small wins keep stacking up from there!

The Stretches

NECK ROLLS



How To:

1. Sit tall with both feet flat on the floor.
2. Drop your chin to your chest and slowly roll your right ear toward your right shoulder.
3. Gently roll your head back and around to the left. Repeat 3-5 times each direction.

Why It Helps:

Relieves neck tension and tech-neck stiffness from hours at a screen.

bZen Tip: Move slowly. This is about unwinding, not pushing.



The Stretches

SHOULDER ROLLS



How To:

1. Inhale as you lift your shoulders up to your ears.
2. Exhale and roll them back and down in a circular motion.
3. Repeat slowly for 5-8 rounds.

Why It Helps:

Releases shoulder tension, improves circulation, and opens the chest.

bZen Tip: Imagine dropping a heavy backpack off your shoulders with every exhale.



The Stretches

SEATED TWIST



How To:

1. Sit tall with your hands resting on your knees.
2. Place your right hand on the back of your chair and your left hand on your right thigh.
3. Inhale to lengthen, exhale to gently twist right. Hold 3-5 breaths. Repeat other side.

Why It Helps:

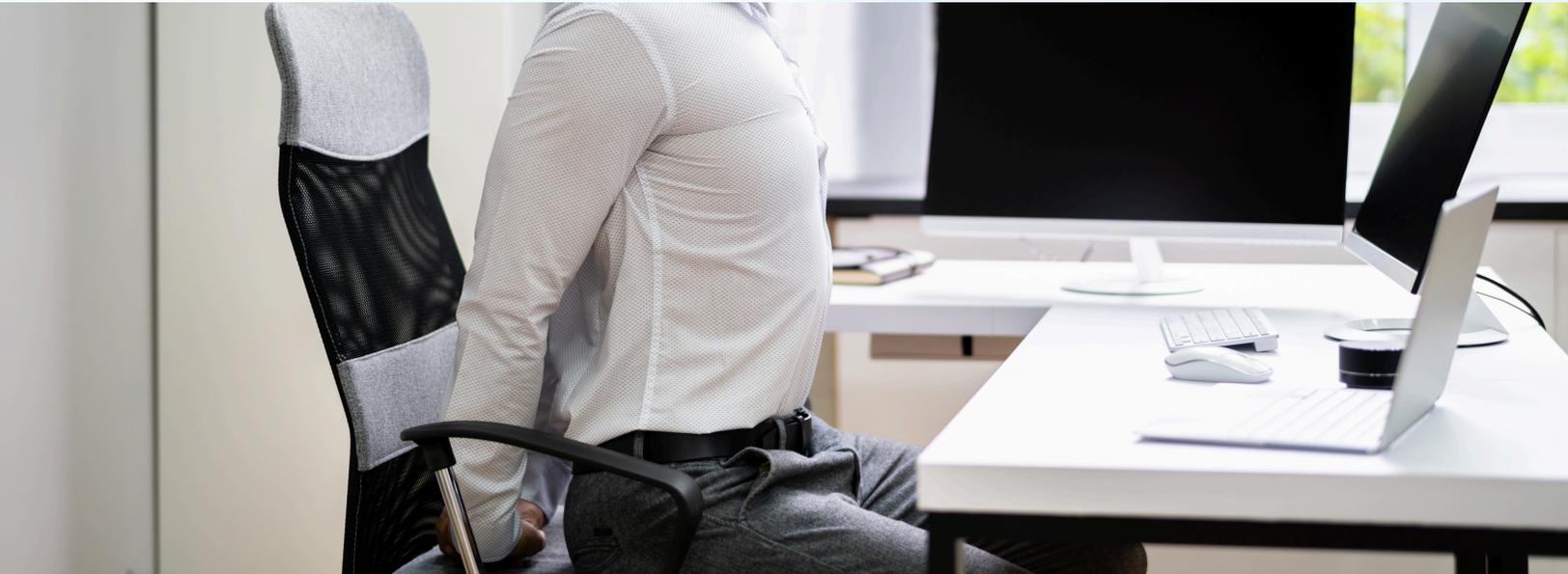
Stimulates spinal mobility and supports digestion and detox.

bZen Tip: Think of this as *wringing out stress* from your day.



The Stretches

HEART OPENER



How To:

1. Clasp your hands behind your back or hold the sides of your chair.
2. Draw your knuckles down as you lift your heart and chin slightly.
3. Breathe into your chest for 3-5 deep breaths.

Why It Helps:

Counters slouching, opens the chest, and boosts energy.

bZen Tip: Picture your heart as a soft light expanding forward with each breath.



The Stretches

SEATED PIGEON



How To:

1. Sit toward the edge of your chair.
2. Cross your right ankle over your left knee, flexing the right foot.
3. Hinge forward gently to deepen the stretch. Hold for 5 breaths. Repeat other side.

Why It Helps:

Releases tight hips from prolonged sitting and supports lower back health.

bZen Tip: Keep your breath soft and steady—this one sneaks up on you.



The Stretches

WRIST + FOREARM STRETCH



How To:

1. Extend one arm forward, palm up.
2. Use the opposite hand to gently pull your fingers down and back.
3. Hold 3-5 breaths, then switch sides.

Why It Helps:

Relieves wrist tension from typing or texting, supports joint mobility.

bZen Tip: Use this one as a micro-break between emails or tasks.



The Stretches

SEATED FORWARD FOLD



How To:

1. Sit with your feet wide apart and knees bent.
2. Fold forward from your hips, letting your head hang toward the floor.
3. Rest your hands on the floor, ankles, or thighs. Breathe deeply for 5-10 breaths.

Why It Helps:

Gently decompresses the spine and soothes the nervous system.

.bZen Tip: Let your exhale be long and slow—like a sigh of relief.



Mini Stretch Routines

MORNING RESET



Here are a few simple combinations to help you stretch, reset, and feel better—anytime, anywhere.

☀️ 1. Morning Reset (3-5 minutes)

Start your day with energy and ease.

- Shoulder Rolls (5 rounds)
- Seated Twist (3 breaths per side)
- Heart Opener (3 deep breaths)
- Seated Forward Fold (5-8 breaths)

Why: This combo wakes up the spine, opens the chest, and calms any morning anxiety.



Mini Stretch Routines

DESK DETOX



2. Desk Detox (2-3 minutes)

Perfect for mid-day breaks between tasks or meetings.

- Neck Rolls (3 each direction)
- Wrist + Forearm Stretch (3-5 breaths per side)
- Seated Twist (3 breaths per side)

Why: These stretches relieve computer tension in the neck, wrists, and spine.

Mini Stretch Routines

EVENING WIND DOWN



🌙 3. Evening Wind-Down (5-7 minutes)

Release the day and prepare for rest.

- Seated Figure Four (5 breaths per side)
- Heart Opener (3 breaths)
- Seated Forward Fold (8-10 breaths)
- Neck Rolls (gentle, 2 rounds each way)

Why: This sequence quiets the mind, opens tight hips, and soothes your nervous system for sleep.

Customize

MAKE YOUR OWN ROUTINE



Customize your practice based on how you feel today

Every day is different. Some days you need energy. Other days, grounding. Use the chart below to pick the stretches that support your body and mood—and create your own quick routine.

Choose 2-4 stretches from the next page, breathe deeply, and move with intention.

Customize

MAKE YOUR OWN ROUTINE



★ Stretch Selector Chart

Need This Today?

- Feeling stiff from sitting?
- Need an energy boost?
- Feeling anxious or overwhelmed?
- Want to release tension?
- Ready to wind down?
- Craving stillness + presence?

Try These Stretches

- Shoulder Rolls, Seated Twist, Wrist + Forearm Stretch
- Heart Opener, Neck Rolls, Seated Forward Fold
- Seated Forward Fold, Neck Rolls, Seated Twist
- Shoulder Rolls, Seated Pigeon, Heart Opener
- Seated Pigeon, Seated Forward Fold, Neck Rolls
- Seated Twist, Heart Opener, Wrist + Forearm Stretch

🔧 How to Build Your Routine:

1. Pick your intention (energy, calm, release, reset...)
2. Choose 2-4 stretches from the chart
3. Spend 1-2 minutes per stretch
4. Breathe slowly. Pause between transitions. Let your breath guide you.

That's it. Simple. Powerful. Sustainable.



How to Use This Guide

TIPS FOR SUCCESS



Small stretches. Big shifts.

You don't need to do it perfectly. You just need to **keep showing up**—one stretch, one breath, one mindful moment at a time.

Here are a few simple tips to help your stretching practice feel sustainable and soul-nourishing:

✔ **Keep It Visible**

Leave a sticky note on your computer, set a daily reminder, or write "stretch" in your planner. Out of sight = out of mind. A gentle nudge goes a long way.

🕒 **Be Flexible with Time**

1 minute counts. 3 breaths count. A full 5-minute reset? Amazing. Your practice doesn't need to be long—it just needs to be consistent.

📅 **Stack It with Existing Habits**

Stretch after a Zoom call. While your tea brews. Before you sit down at your desk. Linking stretches to things you already do makes it easier to stay on track.

🧠 **Focus on How It Feels**

Don't worry about "doing it right." If it feels good, it is good. Stay connected to your breath and let sensation—not shape—guide you.

❤️ **Give Yourself Credit**

Every time you pause to stretch, you're saying:
"My body matters. My wellness matters. I matter."
And that's worth celebrating.



Healthy Desk Habits

MOVE. BREATHE. SIP. REPEAT.



Working at a desk doesn't have to drain your energy. With a few mindful shifts, you can feel more focused, hydrated, and grounded—even on your busiest days.

Try weaving in a few of these habits to support your body and mind throughout the day:

Set a Movement Reminder

Every 1-2 hours, pause to stand, stretch, or take a short walk. Even 2 minutes can refresh your circulation and focus.

Refill Your Water Bottle Often

Hydration supports joint health, mental clarity, and hormone balance—especially during menopause. Use water breaks as a cue to stretch or breathe deeply.

Change Your Scenery

Step away from your screen. Look out a window. Sit on the floor. Let your eyes and body shift their perspective. It helps reduce strain and refresh your nervous system.

Breathe Fresh Air

Open a window or step outside for even 60 seconds. Nature, light, and breath can reset your energy fast.

Upgrade Your Sitting Setup

Use a supportive chair, adjust your screen height, and keep your feet grounded. Good posture isn't about rigidity—it's about support and alignment.

Stretch Before You Sit Back Down

One gentle stretch between tasks can help release tension before it builds up.

Small choices = big changes over time.

You don't have to overhaul your routine—you just have to care for your body in *small, consistent ways*.



Next Steps

EXPAND YOUR WELLNESS BEYOND STRETCHING



Daily stretching is just the beginning. If you're ready to feel stronger, calmer, and more energized, the [5 Day Yoga Lifestyle Reset](#) will guide you through the 5 Pillars of Wellness:

- 🌟 **Mindfulness** - Reduce stress, sharpen focus, and bring more peace into your day with simple meditation + journaling practices.
- 🥗 **Nutrition** - Fuel your body with real, nourishing foods and hydration strategies that boost energy, balance mood, and support long-term health.
- 🙏 **Movement & Yoga** - Build strength, balance, and flexibility with short, beginner-friendly yoga flows that fit into your busy life.
- ☀️ **Active Lifestyle** - Discover fun, life-giving ways to move beyond your mat—like nature walks, hobbies, and adventures that reconnect you with joy.
- 🌙 **Rest & Rejuvenation** - Create sustainable routines for quality sleep, self-care, and relaxation so your body can heal, recharge, and thrive.

Each day you'll focus on one pillar with simple practices, a short yoga class, and journal prompts to anchor your growth.

👉 Your Next Step: Join the [5 Day Yoga Lifestyle Reset](#) and experience how small, consistent choices create powerful transformation.



Thank you for Stretching with Me



I'm so glad you've taken this time for yourself — to slow down, to listen to your body, and to give it the care it deserves. These stretches may be simple, but when you show up for them consistently, they can create powerful change.

I want you to remember this: you don't have to do it all at once. Transformation happens in small, steady steps. Every time you choose to move, to breathe, to create space in your body — you're building a future where you feel stronger, freer, and more alive.

So keep showing up, even on the busy days. Especially on the busy days. Your body will thank you — not just today, but for years to come.

If you're ready to take the next step beyond stretching, join me for the **5 Day Yoga Lifestyle Reset**. Each day we'll add simple yoga, breathwork, and lifestyle practices to help you reduce stress, boost energy, and feel amazing in your body. Click [here](#) to find out more!

With love and light,

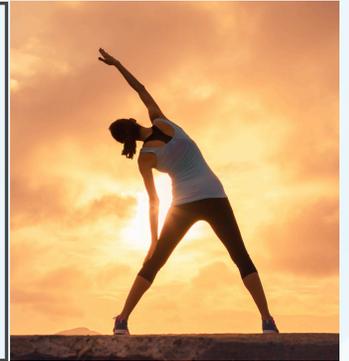
Emily



Resources

5 DAY YOGA LIFESTYLE RESET

IN JUST 5 DAYS, YOU'LL RESET YOUR BODY AND MIND. EACH DAY YOU'LL GET A SIMPLE YOGA LIFESTYLE PRACTICE — GENTLE YOGA, BREATHWORK, WELLNESS,, AND NUTRITION TIPS — ALL DESIGNED TO REDUCE STRESS, BOOST ENERGY, AND HELP YOU FEEL AT HOME IN YOUR BODY. [CLICK HERE TO JOIN.](#)



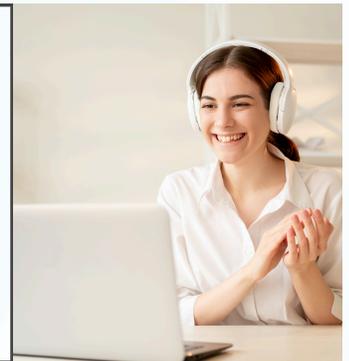
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THE STRETCH TIME APP

MAKE STRETCHING A DAILY HABIT WITH A GENTLE REMINDER AND AN EASY-TO-FOLLOW 5-MINUTE VIDEO EACH DAY. YOU'LL ALSO GET ACCESS TO THE *STRETCH TIME SANCTUARY* — OUR PRIVATE COMMUNITY FOR TIPS, TECHNIQUES, AND INSPIRATION TO HELP YOU RELEASE TENSION, IMPROVE FLEXIBILITY, AND STAY MOTIVATED. [CLICK HERE TO JOIN.](#)



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Click [HERE](#) to join my FREE community bZen Yoga | Women Redefining Health & Wellness Over 40, and get access to exclusive workshops and live training events.



Click [HERE](#) to follow me @EmilyWalshRibeiro for daily micro trainings to help you find your Zen in 90 seconds or less.



Click [HERE](#) to follow me @bZenYoga for self-care guidance and resources to help you feel better and live better.

