

# Wall Dog Pose at a Desk



YOGA MOVES **MS**

- Stand tall facing your desk in Mountain Pose standing.
- Place your hands on the desktop. Step your feet back until you form an “L” and feel a stretch in your arms, shoulders, spine or legs. If your hamstrings and lower back are tight, bend your knees and angle your hips high to find a natural lower back curve.
- Enjoy Wall Dog Pose for 3 to 5 breaths.
- Step toward your desk, returning to standing tall.
- Adaptation: Practice seated with a chair facing the wall. Press your hands into the wall and above your head in line with your ears.

[Compliments of YogaMovesMS.org](http://YogaMovesMS.org) and [Babytoboomer.com](http://Babytoboomer.com)

\*\*Yoga skills and techniques presented in this article are not a replacement for medical care or personal instruction from a qualified instructor. Before beginning your yoga practice, consult your physician for any contraindications to the poses and exercises listed such as neck, spine, wrist or ankle injury.