



UNWIND @ YOUR DESK

Program Developed and Taught by Deanna Anderson, RSMTE

Breathe ~ Unwind ~ Release ~ Realign ~ Revitalize ~ Refocus

For many of us our awareness is pulled away from our bodies as we work at our computers. At some point we may begin to notice little aches and pains that become worse if we don't change what we are doing. How can we give our body the attention it needs before we get to this place of discomfort that could eventually lead to injury? Our bodies need to move, yet we are working in a very restricted space. This class will give you the essential tools to help you stay healthy and alert and more dynamically embodied at your desk. In the lecture component of the class you will learn about the importance of keeping your spine active, avoiding eye strain, the critical elements of Active Sitting, and strategies for ways to incorporate Movement Breaks throughout your day. Then you will learn 10 energizing exercises that you can do at your desk. These exercises are designed to decrease tension and stress and leave you feeling refreshed and alert. You will also receive a visual handout of the exercises so you can refer to the images any time of the workday and enjoy the healthy benefits.

Deanna Anderson is a Registered Somatic Movement Therapist and Educator, Integrative Fitness Specialist, Dance Educator, and Certified Action Theater Coach and Director with over 25 years of experience serving people through integrated fitness and the expressive arts.

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