



# A 30 MINUTE YOGA ROUTINE FOR WRITERS

## Part I: Meditation and Neck Sequence

To begin, sit with your back straight and legs crossed or tucked under you, whichever feels comfortable. Place your hands gently on your knees and close your eyes in [meditation pose](#). Relax and try to clear your mind, focusing on your breath and becoming aware of your body. Stay in this pose for 15-20 breaths (1 inhale + 1 exhale = 1 breath).

First, let's work on loosening your neck and shoulders. Do the following, remembering to **take deep breaths and move slowly**:

1. Roll your shoulders forward 8x, and then backward 8x
2. Roll your head in gentle circles 4x to the right, then the left. Repeat.
3. Tilt your chin toward your chest as far as you can, dropping your shoulders (don't hunch them!). You should feel a gentle stretch along the top of your spine. Hold for 3-5 breaths. Raise chin towards ceiling. Repeat.
4. Stretch your neck to the right and left, holding each stretch for several breaths. You can add a gentle pressure on your head with your hand if you like. (You may feel a pop in your spine, this is normal).
5. [Lace your hands behind your back](#) and press them outward, drawing your shoulder blades together in a nice squeeze. Hold for 3-5 breaths. Release and bring hands back to knees.
6. Shake it out! Move your neck and shoulders in whatever way feels nice.

## Part II: Back and Shoulders Sequence

Remember to breathe deeply and move slowly as you do the poses. Inhale when you move into a pose, and exhale when you move out of the pose. Hold each pose for 3-8 breaths or however long is comfortable.

1. Start in a [Seated Twist](#) (repeat 2x each side).
2. Tuck your legs under you and transition into [Cat Cow](#) (repeat 4-6x; for this pose you don't need to hold it, just move with your breath, moving upward on the inhale and downward on the exhale).
3. Sink down onto your heels and stretch your arms forward in [Child's Pose](#).
4. Raise up on your hands and knees again back into Cat Cow (repeat 4-6x).
5. Sink back down into Child's Pose.
6. From Child's Pose, bring your arms behind you and upward and clasp your hands together in [Seal Pose](#). Then, return to child's pose for few breaths.
7. Straighten, sitting up on your knees, and lower yourself to the floor onto your belly to transition into [Sphinx Pose](#).
8. Push yourself up into a [Cobra Pose](#). Don't forget to breathe! (If this is too challenging, remain in Sphinx Pose for a few extra breaths).
9. Lower yourself back into Sphinx Pose.
10. Slowly move back onto your knees and sink down into Child's Pose again.
11. Come up onto all fours and [Thread the Needle](#) on both sides.

12. Slowly move to lie on your back. Bring your arms over your head and reach as far as you can with your hands and feet, getting a nice stretch. Then take turns hugging one knee up to your chest and then the other in [Half Wind Relieving Pose](#).
  
13. Lay with your palms upward at your sides and close your eyes in [Corpse Pose](#). Remain this way for a few minutes, breathing deeply and relaxing.