

CHAKRA HOURS

LIKE "HAPPY HOUR" BUT FOR WELLNESS!

Chair Yoga + *Desk Reset.*

A few gentle moves, right in your chair, can change how the rest of your day feels.



01 · YOUR GUIDE TODAY

Nina Mua, *in your corner.*

Founder of Chakra Hours

Creator of The Workday Reset Method™ and this 12-class curriculum.

Trained teacher

Registered yoga teacher (RYT), focused on workplace wellbeing.

Why this work

Watched good teams burn out without the tools to catch stress early. Built this so you get them sooner.

Every Chakra Hours session is led live by a certified facilitator.



02 · A QUICK CHECK-IN

Where are you, *right now?*

1

Good

Calm and clear.

2

Okay

A bit busy, but fine.

3

Stressed

Feeling the pressure.

4

Overwhelmed

Running on empty.

03 · HOW TODAY WORKS

A short why, *then we move.*

5 min

Why yoga helps*A few slides.*

20 min

Chair yoga, together*Follow along with Nina, head to hips. No slides.*

5 min

Closing*Why it works, and one reset to keep.*

04 · WHY IT MATTERS

Sound familiar?

A long day at a desk.

1

Stiff neck*By the middle of the afternoon.*

2

Tight shoulders*Creeping up toward your ears.*

3

Achy back*Worse the longer you sit.*

4

Tight hips*When you finally stand up.*

That's just your body asking to move.

05 · WHY WE DO YOGA

What yoga *gives back.*

All of it works in a chair. Any chair, any body.

RIGHT AWAY

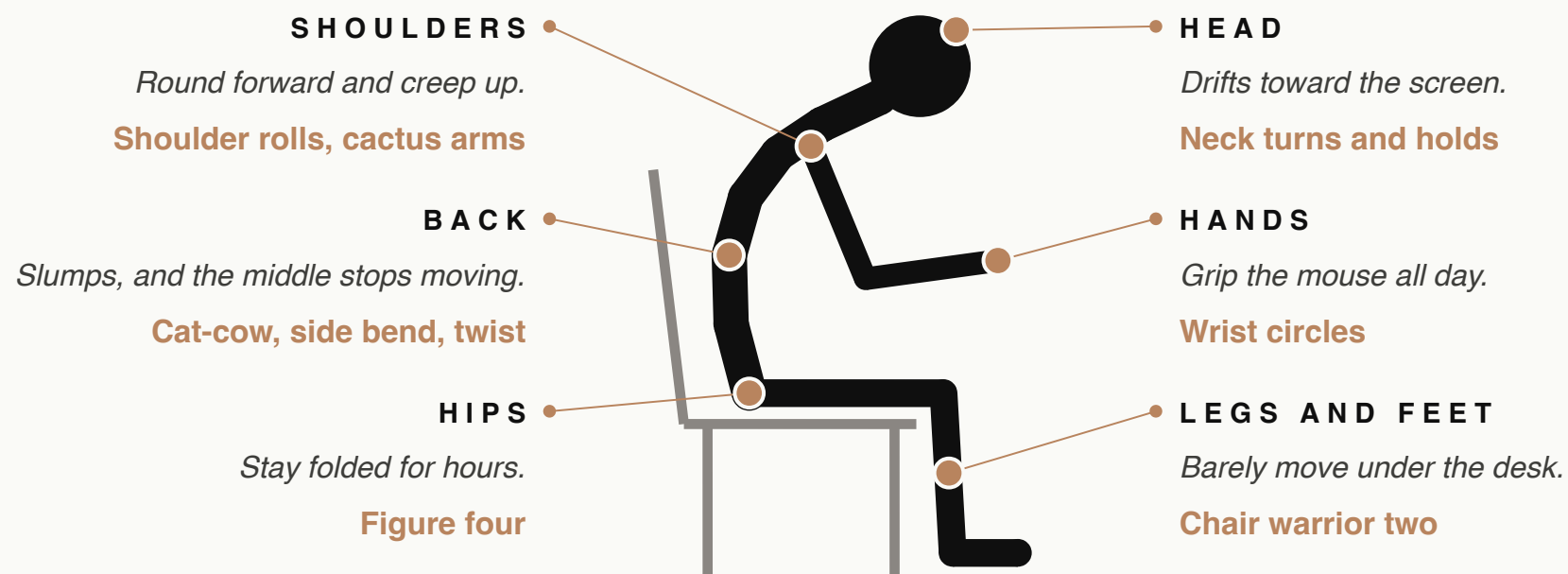
- ✓ Looser neck and shoulders
- ✓ A calmer body
- ✓ More energy for the afternoon

OVER TIME

- ✓ Everyday moves feel easier
- ✓ Fewer stiff afternoons
- ✓ A habit you can keep

The desk shape, *and how to undo it.*

Hours in one position pull you into this shape. Today, every part of it gets a turn to move.



THE PRACTICE · ABOUT 20 MINUTES

Let's move.

Follow along with Nina, head to hips. Slow and steady, with your breath.



HEAD

Neck turns, ear to shoulder



SHOULDERS

Rolls, cactus arms, wrist circles



BACK

Cat-cow, side bend, twist



HIPS

Figure four, chair warrior two

MOVE GENTLY

Only as far as feels easy. Skip anything that pinches.

CHAIR ON WHEELS?

Keep both feet down and stay facing forward.

CHECK FIRST

Recent injury or surgery, or pregnant? Ask your doctor first.

07 · WHY IT WORKS

Why it works, *and where it fits.*

1

Every part moved

Head to hips. All the places a desk keeps still.

2

Blood got flowing

Especially in your hips and legs.

3

Your breath slowed

A slow breath helps your whole body settle.

WHERE IT FITS · THE WORKDAY RESET METHOD™

01 · RESET

Calm down fast.

02 · RESTORE

Today: move and recharge.

03 · RESOURCE

Energy that lasts.

04 · RENEW

End the week well.

08 · TAKE IT WITH YOU

The 60-Second *Desk Reset.*

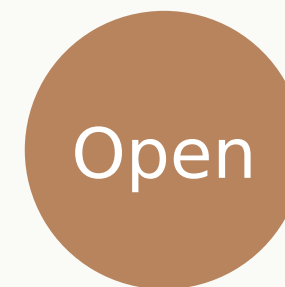
The one-minute version of today. Use it between any two meetings.



Arms up, sit tall.



Turn gently, each way.



Shoulders back, chest lifts.

This week: one Desk Reset a day, between two calls. Notice how you feel by Friday.

09 · BEFORE YOU GO

Two quick *things, in the chat.*

ONE · YOUR NUMBER

How are you now?

Same scale, one to four. Drop your number in the chat, and see if it changed from the start.

TWO · YOUR FAVORITE

Your favorite move?

The one that felt best today. Drop it in the chat. One word is plenty.

CHAKRA HOURS

LIKE "HAPPY HOUR" BUT FOR WELLNESS!

Be kind to yourself.

Your best posture is the next one. Any move counts.

A little more calm, a little more present, a little more you.

Thank you for sharing this half hour.

CHAKRAHOURS.COM