Desk Reset

A 15-minute reset for when work is too much | Roberto Damante

Arrival · Mobility · Warm-up · Standing · Held · Relaxation · Meditation

1 ARRIVAL



Arrive

Feet flat, three long exhales

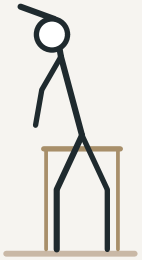
2 MOBILITY



Neck release

Both sides

3 MOBILITY



Side bend

Both sides

4 MOBILITY



Seated cat

Exhale, round

5 MOBILITY



Seated cow

Inhale, open the chest

6 MOBILITY



Seated figure-4

1 min each side

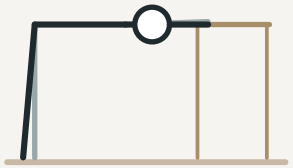
7 WARM-UP



Seated fold

Let the head hang

8 STANDING



Desk stretch

Walk the feet back, 5 breaths

9 STANDING



Reach up

Inhale up, exhale down, 5 times

10 STANDING



Standing side bend

Both sides

11 STANDING



Ragdoll fold

Nod yes, shake no

12 MEDITATION



Back to the chair

1 min of long, slow sighs

How to use it

A reset you can do in work clothes, at your desk or in a meeting room. Move slowly. Only got two minutes? Do 1, 4, 5 and 12.

What to say

Open with: *You can't think your way out of overwhelm. Give your body a turn.* Close with: *What's the one next thing? Just one.*