

Techretaries Hand Yoga

for Busy Fingers

Improve
flexibility and
strength



Melt away
tension in a few
minutes a day

Hand Stretches

Hold each for 30 seconds.
Really feel each pose.
Enjoy them everyday.

These stretches help improve flexibility and relieve tension in the hands, fingers, and wrists. They are the antidote for all the time we spend on our devices.

THE REACH

1



2



3



4



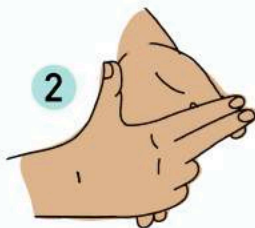
Interlace fingers. Reach arms out in front of you, palms face out. Press shoulders down. Inverse: Flip the palms, hands clasped together. Reach. Feel it in the elbows.

THE PULLBACK

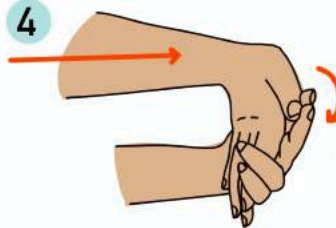
1



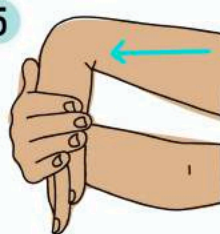
2



4



5



Open hand, palm faces out. Use opposite hand's index and middle fingers to pull back thumb. Other fingers pull back palm. Reach arm out. Feel through palm and wrist. Inverse: Reach arm out, palm faces down. Use opposite hand to pull back of palm. Fingers dangle. -

BEAR CLAWS

Reach arms out, stretch fingers. Curl fingers into bear claws. Roar or growl if you'd like!
Close into fists. Repeat sequence 5 times - stretch, claw, fist.

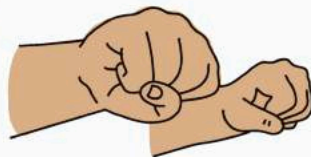
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2



3



WEB POINT PRESS

Use index finger to press firmly between the web of each finger.

This can be emotional so breathe deeply!

For thumb web, use thumb and index finger of opposite hand to massage the mound of your palm, stroking upwards.



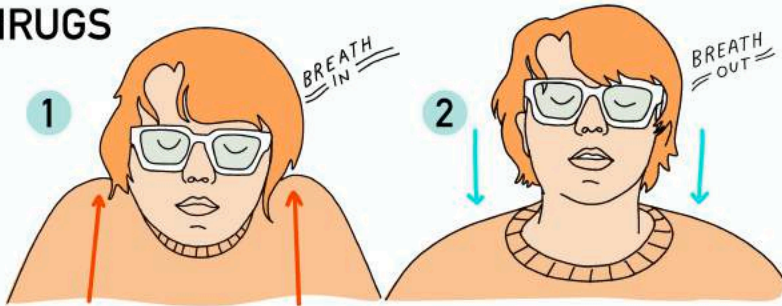
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Neck and Shoulders

BONUS

SHRUGS



Keep arms and hands relaxed. Shrug shoulders up to ears. Hold.

Relax and press shoulders down. Hold. Repeat 5 times.

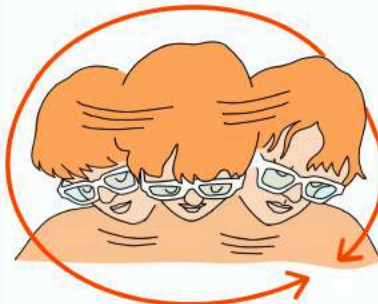
NECK RELEASE



Tilt chin down to chest. Use both thumbs to press firmly at base of skull on either side of spine. Hold.

Release and breathe. Repeat 3 times.

NECK ROLLS



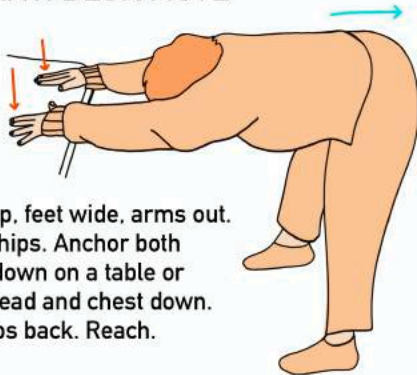
Relax shoulders. Gently tilt head forward, chin to chest.

Slowly rotate head around in a circle, spend time on sticky spots.

Switch directions.

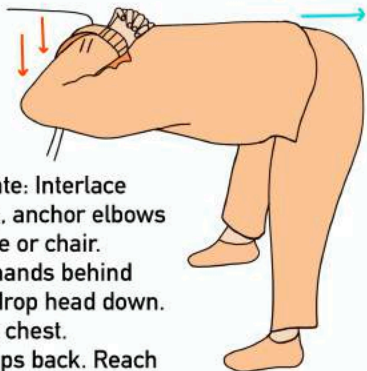
SHOULDER BOW - THE ANTI DESK MOVE

1



Stand up, feet wide, arms out. Bow at hips. Anchor both palms down on a table or chair. Head and chest down. Shift hips back. Reach.

2



Alternate: Interlace fingers, anchor elbows on table or chair. Place hands behind head, drop head down. Chin to chest. Shift hips back. Reach

HUG YOURSELF

1



Wrap your arms firmly around yourself and give yourself a big hug.

2



Tilt head to chest and exhale. Feel the stretch in neck and shoulders. Hold. Switch arms.

BONUS

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