

■ Developer Yoga Posture Checklist

Fix Your Posture — One Stretch at a Time

Created by MasalaMonk.com

■ Time	Pose	Benefit	Duration
■■ Morning	Cat-Cow	Wake up spine	1-2 min
	Cobra	Strengthen back	1 min
	Diaphragmatic Breathing	Activate core	2-3 min
■ Mid-day	Chest Opener	Release shoulders	1-2 min
	Low Lunge	Open hip flexors	1-2 min (each side)
■ End of Day	Downward Dog	Elongate spine	1-2 min
	Child's Pose	Relax nervous system	2 min

■ Bonus Tips

- Sit tall — imagine a string pulling your head up.
- Uncross your legs, keep feet flat.
- Take micro-breaks every 45-60 min.
- Breathe deeply.

■ *Print. Post. Practice. Protect your posture.*

Designed with care for software engineers. MasalaMonk.com