



5 Standing Yoga Poses For A Gentle Break With Jade Yeo

Description

A yoga break can start with simply standing up and giving yourself a little space. You do not need to get down on the floor, change into a complicated outfit or squeeze a full class into the afternoon.

This short standing practice brings together five familiar shapes, with a chair available whenever you want support. Try it between tasks on a busy Tuesday, or use it as a quiet transition after work. Leave the deepest version of each pose out of the picture and choose a range you can move through comfortably.

Before You Begin

Practise barefoot on a stable, non-slip surface with enough room to extend your arms. If you use a chair, choose a sturdy model without wheels and place it against a wall so it cannot slide or tip. Do not rely on a lightweight chair to carry your body weight. Keep the mat flat and clear the space around it.

Breathe normally throughout. Stop if you feel sharp pain, dizziness, tingling or numbness. If you have an injury, a medical condition, are pregnant or have difficulty balancing, ask a qualified instructor or healthcare professional about suitable modifications before trying the sequence. You can also choose a fully seated practice instead.

1. Mountain Pose: Find A Comfortable Starting Point



Start in a comfortable Mountain Pose, with both feet grounded and the arms relaxed.

Stand with your feet about hip-width apart and toes pointing forwards. Spread your weight across both feet and leave a little softness in your knees. Let your arms rest beside you, with your shoulders relaxed and your gaze level.

Take four or five easy breaths. Notice whether you are leaning into one hip or gripping through the toes, then make small adjustments without forcing yourself into a rigid posture.

Practice focus: A steady standing position and awareness of how your weight is distributed.

Jade's tip: Standing tall does not mean pulling the shoulders hard backwards. Keep the ribs comfortable over the pelvis and let the neck stay easy.

2. Standing Side Bend: Keep The Movement Small



Reach upwards before making a comfortable side bend, keeping both feet grounded.

From Mountain Pose, place your left hand on your hip and lift your right arm as far as feels comfortable. Reach upwards before making a small bend to the left. Keep both feet grounded and the chest facing forwards.

Stay for two or three natural breaths, then return upright before lowering the arm. Repeat on the other side. Make two gentle rounds if you would like more movement.

If lifting the arm overhead feels uncomfortable, keep both hands on your hips and make a much smaller side bend. A hand can also rest lightly on a secured chair for balance.

Practice focus: Gentle sideways movement through the trunk without twisting or collapsing forwards.

Jade's tip: Keep the reach long and the bend modest. You do not need to travel far to explore this movement.

3. Supported Half Forward Fold: Hinge From The Hips

default watermark



Keep the knees soft and the back long. Secure your chair against a wall before practising.

Face a sturdy chair secured against a wall. Place both hands on the backrest and take small steps backwards. With your knees bent, send your hips back and tip your torso forwards only as far as is comfortable.

Keep the head in line with the spine. Your back does not need to become horizontal, and your legs do not need to straighten. Choose a higher hand support or stay more upright if that feels better. Do not pull on the chair or hang your weight from it.

Take three easy breaths. To come out, bend the knees a little more, walk towards the chair and return upright slowly.

Practice focus: Exploring a hip hinge with hand support and a comfortable back position.

Jade's tip: Move the hips back before thinking about lowering the chest. A smaller fold is a complete option.

4. Short-Stance Warrior II: Choose A Manageable Base



Choose a stance and knee bend that feel steady; shorten the stance for a gentler version.

Step your feet comfortably apart, using a shorter stance than you might see in a studio demonstration. Turn your right foot towards the short end of the mat and turn the left toes slightly inwards. Bend your right knee a little, keeping it pointing in the same direction as the right toes.

Keep the torso upright and open towards the long side of the mat. Extend your arms at shoulder height if comfortable, or leave your hands on your hips. Look over the right hand, or keep your gaze forwards if turning the neck feels awkward.

Hold for two or three breaths. Straighten the front knee gently, bring the feet back towards parallel and repeat on the other side. If the stance feels unstable, skip this pose and return to Mountain Pose.

Practice focus: A brief standing hold with a comfortable knee bend and steady footing.

Jade's tip: Shorten the stance before trying to bend more deeply. There is no target depth to reach.

5. Supported Tree Preparation: Keep Your Toes Down

default watermark



Keep the toes on the mat as a kickstand and use a secured chair for light hand support.

Stand beside your secured chair and rest one hand lightly on its backrest. Shift a little weight into the leg nearest the chair. Turn the other knee gently outwards and rest that heel against the inside of the standing ankle, keeping the toes on the floor like a kickstand.

Stay upright and look at a fixed point ahead. Keep the standing knee soft and the lifted-side knee within an easy range. There is no need to lift the foot higher or take your hand off the chair.

Take three comfortable breaths, return both feet to the floor, then turn around to change sides. Avoid pressing a foot into the side of the knee.

Practice focus: A small change in weight distribution with both hand support and floor contact available.

Jade's tip: Keep the kickstand. Reducing support is optional, and a steadier version lets you pay attention to the rest of the pose.

Make It A Short Practice

Allow about a minute to settle in Mountain Pose. Move through the side bends, supported fold, Warrior II and Tree preparation at an unhurried pace, taking time to reset between sides. Finish with both feet grounded and three easy breaths. With setup and transitions, allow roughly eight to ten minutes, or shorten the session by doing just the first three poses.

Treat the sequence as a movement break. It does not replace regular physical activity, and it does not need to leave you tired to be worthwhile. On a busy day, a few comfortable movements can be enough of a pause before the next task.

Date Created

27/10/2026

Author

jadeyeo

default watermark