



The Desk Reset

by LAURA CAROLINA LLANO



Mobility + Relaxation Workshop: Neck, Shoulders & Wrists

Relieve discomfort, improve posture, and feel better—fast.

This workshop is a guided mobility and relaxation session designed to relieve tension in the neck, shoulders, and wrists—especially for people who spend long hours at a computer or on devices. You'll learn simple stretches, self-release, breathing, and posture habits you can use right away, and you'll leave with options to customize a routine that fits your body.

Why Attend?

- Learn targeted stretches and self-release techniques.
- Use quick breathing resets to calm your nervous system.
- Build a personalized 5–10 minute routine you can do during the workday.
- Release and relax the upper body with guided breath + movement.
- Adopt posture habits that prevent tension throughout the day.





Benefits

- Reduce muscle tension—right away.
- Move with more ease and range.
- Improve posture at your desk and beyond.
- Reduce aches from prolonged computer and device use.
- Feel calmer, lighter, and more focused.



Who Is This For?

- Desk and computer-based workers
- Anyone who uses their hands/wrists for hours (typing, tools, instruments)
- Creatives and makers
- Anyone carrying stress in the upper body
- Anyone who wants better mobility and daily comfort

90 minutes | In-person or Online |
Includes take-home exercise guide | 1-month follow-up



CONNECT WITH ME!



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