

# WELLNEES @WORK

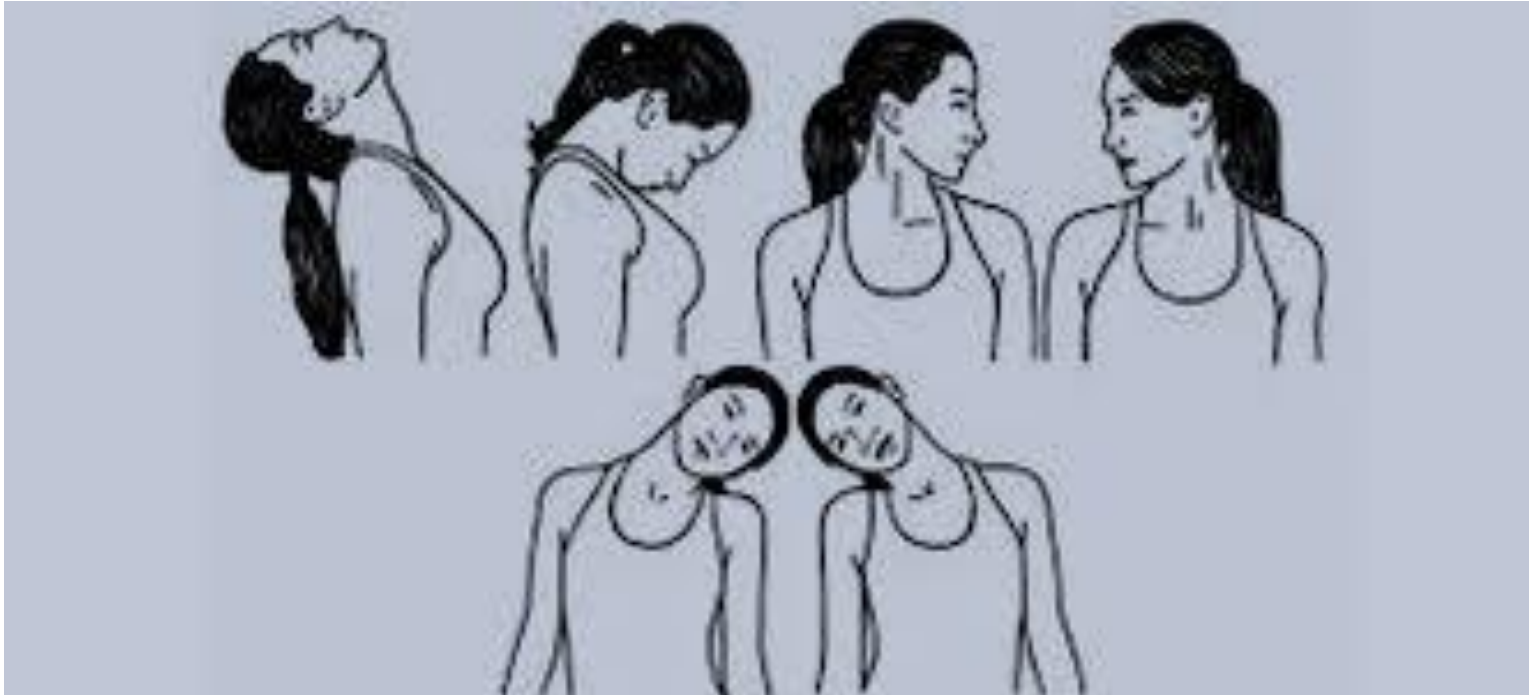
## GODREJ INTERIO



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**EXERCISE MANUAL.**

# NECK:



# NECK:



# UPPERBACK:



# Back:



# Ankle:



**For more detailed yoganomics @desk and Ergonomics @desk  
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**Thankyou**

