Office Yoga/Chair Yoga

Pre - Yoga Information

Introduction

Yoga means a union of the mind, body, and spirit and is a path towards a deeper meaning in life. I find a direct correlation between my yoga practice and my ability to be the best person I can be. More yoga = better me

Yoga Guidelines

1. Listen to your body...if it hurts, don’t do it!
2. There are modifications for everything
3. Drink water (fatigue is a sign of dehydration)
4. Breathe into your diaphragm

At the Desk Relaxation

Office Yoga Posture: ease back pain and energize [seated position]

Feet flat on the ground, Sit on your sit bones like you are rising from a chair, sit on your tailbone and notice the difference

Shoulders relax, soften your jaw, lower your chin, take 8 deep breaths

Keyboard Calisthenics

- With hands in prayer position, move in all directions and stretch 8x with the breath/switch sides
- Put your arms straight out in front of you; squeeze fists tight into balls, then stretch fingers wide, repeat 8x with the breath
- Interlace fingers and rotate hands so palms are facing the wall in front of you, shoulders in a neutral position, take 8 deeps breaths
- Finger Roll & Forearm Stretch: Arms straight out in front, both palms up, roll in fingers starting with pinky, and reverse (takes some coordination, warms up fingers and wrists) (Option: speed it up when you get the hang of it)
- Forearm Stretch: right arm out in front, gently bend fingers back with opposite hand, using opposite fingers gently stretch each finger back beginning with pinky, switch sides and repeat
- Wrist Shake: Hands down to your sides, spread fingers w-i-d-e, begin to shake starting with fingers and working up to shoulders, head, neck
[standing postures]

Neck Rolls: Roll your head in circles with the breath 8 times with the breath then switch sides – breathe into tight areas

Shoulder Shrugs: Shrug your shoulders up and down, 8 times with the breath

Neck & Shoulder Release: Clasp hands behind back (or hold elbows with opposite hands behind back if that’s more comfortable), lift chin slightly and breathe into the collarbone x8

Dynamic Arm Raises: Legs hip-width apart, arms at your sides, palms facing out, lift arms above your head with each inhale, lower arms back down to sides with each exhale x8

Tadasana (Mountain Pose): Arms at your sides, lift shoulders up and back (tall and confident like a mountain), repeat 8 times with the breath

Standing Crescent: Lift right arm above head and stretch up, side bend to lengthen and open chest and ribcage to calm nervous system and improve posture, hold for 8 breaths then switch sides (keep lifting up as you stretch to the side)

Eagle Arms: Arms out palms up, cross arms around body and give yourself a well-deserved hug, transition into Eagle Arms, release arms straight out palms up, release arms down; switch sides

Standing Thigh Stretch: (hold chair in front for stability) lift right leg up behind you and reach for your toes or ankle with your right hand (if this is uncomfortable you can stretch your leg directly behind you and press on press on the ball of the foot to activate the thigh muscles along the front of your legs) [optional: raise up your opposite arm and balance]

[More Sitting Postures]

Kick Back Log-on Pose: Interlace fingers behind head, relax and open up shoulders by gently pressing elbows back, hold for 8 breaths

Human Basketball Net: Interlace fingers above head with palms facing the ceiling, relax shoulders, breathe deeply for 8 counts

Reaching Hands (series of 3)

1. Stretch arms out to opposite walls, palms down (go go Gadget arms), hold for 8 breaths
2. Turn palms over with palms facing upwards, stretch forearms, hold for 8 breaths
3. Tilt sideways like a windmill – arms stretch ceiling to floor 8 count/switch sides

Circling Torso: Sit forward, hands on hips, rotate torso in circles, 8 count with the breath/switch sides

Feet and Ankle Stretch: Stretch legs out and rotate ankles and feet while on the phone, checking email, etc., 8 count/switch sides
[More Seated Postures]

Happy Hips Pose: Cross left ankle over right thigh, flex foot, and fold forward (as far as you can while maintaining a straight back); switch sides

Jaw & Neck Release: Massage jaw at hinges with pads of fingers while breathly deeply, reverse

Neck Stretch: Release hands to your sides, release neck to shoulder, hold for 8 breaths, switch sides

Chest Opening Wave Breath: With arms at your sides open arms up at the elbow, lift chest with breath, bring hands back together, repeat 8x

Hug Pose: Arms out palms up, cross arms around body and give yourself a well-deserved hug; release arms straight out palms up, release arms down; switch sides

**Car Yoga for the Ride Home**

Red Light Rejuvenation: with the breath roll head in circles

Shrug shoulders up and down

Recommended Web Resources

http://www.theblissery.com/2013/11/chair-yoga-poses/

**Recommended Yoga Instructors with DVDs**

Rodney Yee (Beginner – Advanced): AM/PM Yoga for Beginners; Power Up: The best of Rodney Yee (DVD series)

Nicki Doane (Beginner): Ashtanga yoga: Beginner’s practice

Baron Baptiste (Advanced): Soul of Strength

References
