

Office Yoga

Yoga Guidelines

- Move slowly & smoothly
- Hold for 15 – 20 seconds
- Stretch both right and left side
- Maintain good posture (sit up straight)
- - If you experience any pain or discomfort, stop immediately and seek professional help
- - Remember to take deep breathes; inhale and exhale through your nose

Mountain Pose



Sit erect, clasp your hands, and extend your arms forward. Turn the palms away from you and raise your arms until the palms face the ceiling. Stretch and feel yourself growing taller as you reduce the stress in your head, neck, and shoulders. If you want to intensify the stretch, stand beside or behind your desk with your feet 3-5inches apart and repeat the first steps.

Eagle Pose



Sit erect and place your arms in front of you at a 90 degree angle. Cross your arms so that the right arm is above the left. Interlock your arms and press your palms together with the tips of your fingers pointed upward. Feel yourself contracting. This pose strengthens triceps, shoulders, and back muscles. It's a good preventative measure against carpal tunnel. For your legs, simply cross your legs and interlock them with one foot behind the other.

Thread the Needle



Sit in your chair and cross your right leg over your left knee. Flex both feet and lift them off the floor. "Thread the needle" by clasping your hands around your left leg, just under your knee. This posture stretches hip rotators, outer thighs, and relieves tension in the lower back. Be sure to reverse sides.

Lotus Pose



Lotus is the traditional seat for meditation. You can just sit comfortably in your desk chair, with your neck and spine straight and erect, to begin to calm your brain. Place your hands palms up, with the thumbs and first fingers touching. If practical in the office, practice crossing your legs to build up the Lotus position. This will help free your spine from the stress of sitting at your desk all day.