

office yoga

De-stress at your desk



Achieving HEALTH and BALANCE are the key ingredients in living a physically, emotionally, relationally and spiritually healthy, empowered and fulfilling life. You cannot have one without the other. Each of us faces challenges related to time management. Many of us are dealing with working one or more jobs, nurturing our family, attempting to create a healthy lifestyle, managing a household, assisting our aging parents, attending school or other training, responding to increasing work and time pressures of the shrinking workplace as our workday seems to consume more of our day offering less and less opportunity for personal fulfillment, health and balance.

Let's face it: We're a desk-potato nation. Some 80 percent of American jobs are sedentary, according to a study conducted earlier this year by the Pennington Biomedical Research Center at Louisiana State University in Baton Rouge. Our bodies aren't designed to hold a position for eight or more hours a day—they're made to dance, twist, jump, and run. When we're deskbound, the body has to hold a fixed, unnatural position for a long time. Eventually that can lead to problems, including changes in our metabolism, decreased circulation in the legs, and compression in the spine and pelvis, which places extra pressure on the connective tissue and nerves. Chronically poor posture can also lead to neck and back pain, repetitive stress injuries, and even bulging disks and sciatica.

Alleviate physical and emotional stress, lower back pain, shoulder aches and finger stiffness. Improve your ability to twist, bend and move around. Further develop a healthy and fulfilling life by experiencing at your desk, **Office Yoga!**

Follow this simple sequence, consider your reaction and enjoy the Physical, Mental and Spiritual Benefits of this Balancing Practice and begin with MOUNTAIN POSE



Benefits:

- Gently stretches your entire body from head to toe as you contemplate the top of your head reaching the ceiling and the soles of your feet embedding in the floor below you.
- Brings breath into your entire body.
- Trains your muscles to support a more proper, pain-free posture at your desk—and everywhere else.

Jot down your thoughts and reactions, starting with:

I felt

I plan

NEXT LEANING POSE

Benefits:

- Gently stretches your front of your body.
- Gently stretches your calves
- Brings breath into your entire body.



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NEXT CHAIR CHILD'S POSE

Benefits:

- A healing, restful pose - useful any time a break is needed
- This gentle inversion stretches the neck and the long muscles of the spine and refreshes the nervous system by encouraging blood flow to the head, neck, and shoulders.
- Gentle compression of the stomach and chest beneficial for digestion organs
- Rocking gently side to side can help stimulate the flow of blood and lymph fluids in the upper chest and breast tissues
- Psychologically soothing when feeling cold, anxious, or vulnerable



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NEXT SHOULDER & CHEST OPENER



Benefits:

- Improves alignment in your upper arms, shoulders, and head
- Softens neck tension
- Gently opens the shoulders and chest

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NEXT CHAIR SPINAL TWIST

Benefits:

- Wrings out tension in the deep muscles of the spine.
- Twisting helps to restore equilibrium in the nervous system
- Twisting helps to release tension in the spine
- Tones the stomach and cures gastritis

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NEXT HAPPY HIPS POSE

Benefits:

- Improves your upper back posture
- Stretches buttocks, hip rotators and Iliotibial IT bands
- Reduces pressure on knee caps

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NEXT EAGLE ARMS



Benefits:

- Improves your upper back posture
- Stretches shoulders and upper back
- Dissolves tension at the base of your neck and shoulders.

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NEXT FOREARM, WRIST & FINGER STRETCH

Benefits:

- Stretches and reduces tension in the forearms, wrists, and fingers.
- Opens the carpal tunnel in your wrists
- Increases circulation



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FINISH UP with CHAIR MEDITATION



Scan your body slowly. Start with your toes and feet, allowing your feet to relax, becoming heavy on the floor. Next, let your ankles, calves, and shins melt into the earth; space developing in our knee joints and thighs. Next, experience your buttocks, hips, and groin relaxing; feeling your sacrum and lower back release, lower back and stomach muscles relaxing, allowing the upper back muscles and the shoulder blades to sink as your chest and all the muscles between your ribs relax. Your shoulders release as you relax your upper arms, your elbows, and forearms feeling the space in your wrist joints and around each finger and the energy in the palm of each hand. Next, relax your neck and throat, jaw, lips and tongue as you relax your cheeks and eyes and all the muscles around your eyes and deep in your eye sockets; relax your forehead and your scalp allowing your head to relax.

Next, you release your breath totally; notice your breath. Take several more full in and out breaths. Enjoy moments of complete silence and peace.

Jot down your thoughts and reactions, starting with:

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HEALTHY DESSERT for the next 10 days

For each of the next 10 days, as you enjoy your office yoga practice, utilize each these thoughts:

Day 1: Take a cue from Eastern cultures and keep your joints supple and back strong with the simple and free practice of sitting of the floor for a few minutes a day.

Day 2: Take mini closed-eye breaks throughout the day to keep your vision fresh and your mind sharp.

Day 3: Instead of an afternoon caffeine boost, try an invigorating blend of herbal tea.

Day 4: When you need a break, head outside for a walking meditation. Even 10 minutes will leave you refreshed and ready to tackle the rest of your day.

Day 5: Take a few minutes in your day to focus on your breath. It's an easy way to reinvigorate your mind.

Day 6: Incorporate easy twists into your day to help relieve stiffness and fatigue from sitting for too long.

Day 7: Unclutter and neaten your work area for an immediate sense of focus and calm.

Day 8: Bring your own creation of a veggie and fruit juice along with a healthy lunch to work each day to keep your energy stable all day.

Day 9: Take a mini-vacation from work with a visualization done right at your desk.

Day 10: Affirmations are a surefire way to diffuse a stress reaction or to calm nerves. Have a few on hand.

It is my pleasure to offer you a bit of my view. With a BS in Nutrition and Human Development, Master Degree in Psychology, Certificate from Cornell University in Whole Food, Plant-Based Nutrition, enjoying my life as a Holistic Life and Sports Coach and Consultant, Yoga Instructor, avid cross-trained athlete and a mother of 2 great sons, one an International, Gold and Bronze Medal Gymnast, I am a very grateful and inspired woman who feels it is my life's work to assist others in living their best life. Please feel free to contact me at Lorraine@AttainYourVision.com or call me at 609-502-0880.

Thank you for this opportunity. Namaste, *Lorraine*

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