

Yoga at the Office?

How awesome is that?

Even if you don't have a mat and exercise clothes these yoga postures are great for a boost of rejuvenation or, on the other hand, some well needed stress relief.

In fact, don't limit your office chair yoga practice to work. Try these yoga exercises when flying, on a train, in a bus, if you have limited movement, if you are feeling low in energy (the restorative pose #8 is the one for you then), whilst watching TV, pregnant, sitting at someone's bedside for long periods or even in a waiting room. Gosh, I guess you could even do them on your bed. There are endless situations to take advantage of and benefit from chair yoga exercises.

8 OF THE BEST CHAIR YOGA EXERCISES

1 – Eagle Arms (And legs): Sit erect and place 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 upwards. Pull your shoulders away from your ears and back. Feel yourself contracting. This pose strengthens triceps, shoulders, and back muscles. It's a good preventative measure against carpal tunnel syndrome. For your legs, simply cross your legs and interlock them with one foot behind the other. Repeat with opposite arm and leg.



2 – Lotus Preparation: 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 setting, 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. Traditional Sanskrit texts say that "Padmasana", or Lotus destroys all disease. Note: Lotus is a two-sided pose, so be sure to practice both leg crosses.



3 – Mountain Pose: Sit erect, clasp your hands, and extend your arms forward and up. Release your hands with palms facing shoulder distance apart. Stretch and feel yourself growing taller while pulling the shoulders down away from the ears. This posture lengthens your sides. If you want, add to this posture by bringing one arm down along your side and stretching the other up taller and repeat on other side.

4 – Twist: Place your palms on the arm of your chair and turn your chest and abdomen to the right, moving your left shoulder forward and your right shoulder back. Expand your chest fully and feel yourself detoxifying. Twists are great for the spine, your abdominals, and the obliques. Repeat on the other side.



5 – Lunge: With your hands on your chair turn to the right with right sitting bone on the chair, take your left foot back, and sink into a low lunge. This is a great stretch for the hamstrings and it also strengthens the glutes and the psoas muscle group. Repeat on the other side.

6 – Thread the Needle: Sit in your chair and cross your right leg over your left knee. Flex both feet. “Thread the needle” by clasping your hands around your left leg, just under your knee. With a straight back tip your body forward toward your top leg. This posture stretches hip rotators, outer thighs, and relieves tension in the lower back. Be sure to reverse sides.



7 – Scale Pose: Place your palms on the arms of your chair and cross your legs at your ankles. Exhale, contract your abdominal muscles, and lift your buttocks and legs away from the floor. Hold yourself suspended for five to eight full breaths. Lower yourself, change the cross of your legs, and repeat the motion. If you can’t lift yourself, start with your buttocks and add the feet as you build strength. This posture strengthens your arms and lower abs.

8 – Restorative Poses: Before returning to work, give yourself a few minutes to relax. After all, in yoga, for every action, there is a reaction. This relaxing pose is so simple, but is very effective in reducing stress in your facial muscles and helping to prevent fatigue. Simply cross your arms and place them on the surface in front of you. Then rest your head on your crossed arms. Relax.



“Yoga is the Fountain of Youth. You’re only as young as your spine is flexible.”

Bob Harper

<http://thehealthylivinglounge.com/2010/01/20/8-of-the-best-office-chair-yoga-exercises/>

<http://www.lexiyoga.com/yoga-quotes>

