



Alternative Yoga for the Workplace



INSTRUCTIONS

Step 1: Sit in your chair, feet flat on the floor, legs at a 90 degree angle. Contract your abdominal muscles just slightly, lift up through your chest and lengthen your spine. Drop your shoulders down your back. **Step 2:** Exhale your breath all the way out. As you inhale, sweep your arms up toward the sky. Lengthen your spine and rib cage. Look up if it's okay for your neck. Keep your abdominals contracted, tailbone tucked slightly. Continue to sweep your arms up until palms are touching. As you exhale, turn your palms down and bring your arms back down by your sides, turning your eyes forward again. **Step 3:** Repeat 3-5 times. When you are finished, sit quietly, palms on your thighs, and take a few breaths.



INSTRUCTIONS:

Step 1: Sit on your desk chair, away from your desk, with your feet flat on the floor, legs at 90 degrees. Sit slightly forward from the back of the chair, so you have room to move through the stretch. Place your hands on your knees. Step 2: Sitting up tall, as you exhale, round your back, pulling your abdominals into your spine, tucking your tailbone under and tucking your chin into your chest. Be as round as you can be, pushing your mid back toward the back of the chair behind you (but not actually touching). Arms should be straight. Step 3: As you inhale, allow your belly to move forward, arch your back, send your heart forward and (if your neck is okay) look up to the ceiling. Relax your shoulders and jaw. Step 4: Repeat this motion several times, exhaling back and inhaling forward. Close your eyes if you feel comfortable, taking your attention inwards. Step 5: When you feel you have had enough, stop in the middle, sit up tall, breathe normally and notice how you feel differently. Return to work refreshed.



Instructions:

Step 1: Sit in your chair, feet flat on the floor, legs at a 90 degree angle. Contract your abdominal muscles just slightly, lift up through your chest and lengthen your spine. Drop your shoulders down your back. Step 2: Place your hands on your thighs. As you inhale, lengthen through the crown of your head a little more, and as you exhale, gently lower your right ear toward your right shoulder. Relax your right shoulder and drop it down away from your right ear. Step 3: (Not Shown) Optional: To move deeper, release your left hand to the underside of your chair and gently hold on as you stretch deeper, maybe even leaning slightly to the right. Step 4: Stay here, breathing in and out, for at least 30 seconds. Step 5: Inhale and lift your head and body back to center. Exhale, lower your left ear toward your left shoulder. Repeat steps 3 and 4 on this side. **Step 6:** To come out, inhale your head and body back to center. Give your shoulders a shake, and repeat again on both sides if you have time.



Instructions:

Keeping your head straight position your arms as you see above. When arms in place slowly and gently shift eyes to view thumbs. Do both the right and left thumb, taking breaks in between by closing your eyes or softly gazing forward. Remember be mindful on your breath. Inhale as shifting to view thumbs and exhale when coming back to neutral.



INSTRUCTIONS:

Step 1: Sit slightly forward on your chair, legs at a 90° angle, feet flat on the floor. Contract your abdominal muscles, roll your shoulders back and down, and lift your chest up. Step 2: Place your right ankle on top of your left knee and let your right knee relax out to the side. Step 3: As you inhale, sit up tall and as you exhale press your heart forward. Continue to inhale as you lengthen, and exhale to move deeper into the stretch. Keep your back flat and spine lengthened as you move deeper. You should feel a deep stretch in your right hip and buttock. Step 4: Stay for 3-5 breaths. To come out, inhale and sit up straight up again, then release your right foot back to the floor as you exhale. Step 5: Repeat on the other side. Then sit quietly with eyes closed for a moment and breath normally before returning to work.



Step 1: Remove your shoes and socks if possible. Stand behind your chair with your hands on the back of the chair, about shoulder width apart. Take a few steps backward with both feet until your legs are perpendicular to the floor and your back is straight. (Your back and legs will be at a 90 degree angle with other and you will be looking straight down at the floor.) Let your head relax. Step 2: Take a deep inhale, and as you exhale, press your hips and sitting bones back to the wall behind you. Pull your abdominal muscles in and feel your spine stretching and lengthening. Breathe. Step 3: Spread your fingers apart. Relax your shoulders and let them roll out and away from your ears. Step 4: Hold for 5 deep breaths if you can, then to release, walk your feet slowly forward and stand up straight. Release your arms down to your sides and stand in Tadasana (Mountain Pose) for 3 breaths with your eyes closed. Breathe slowly and deeply, and enjoy how you feel.



Instructions:

Step 1: Feet hip width apart. Step 2 inhale and bend knees sweeping hands as if wanting finger tips to touch the floor. Step 3. Slowly come up part way and shift body weight to heels. Step 4. Drop shoulders away from ears, reach hands and fingers up & forward. Step 5. Roll shoulder blades back and look between hands. Step 6. Soften face, breathe and notice.



Instructions:

Find yourself in flower pose again, but this time standing. You have been here before. Notice your thoughts, your breath, your sensations.