



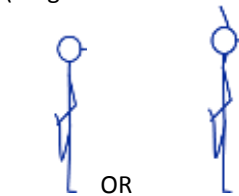




MODIFIED ASANA PROGRAMME SEATED OR STANDING – INSPIRED BY YOGA JOURNAL

Asana	What it does	Daily tip
<p>Standing side bend Using one hand on desk for stability Or Swaying Palm Tree pose using both arms.</p>	 <p>Lengthens torso while opening chest, rib cage and shoulders.</p> <p>Hold each side 5 breaths. If doing Swaying Palm Tree, 5 rounds</p>	<p>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.</p>
<p>Eagle (or just do arms while sitting)</p>	 <p>Creates width between shoulder blades, relieves tension in upper back</p>	<p>Take a few minutes in your day to focus on your breath. It's an easy way to reinvigorate your mind.</p>
<p>Standing shoulder opener Can go on to Dwikonasana start/expanding the chest</p>	 <p>Helps reduce neck and shoulder pain by encouraging proper alignment of upper arms bones, shoulders and head.</p> <p>Forward bend of Dwikonasana works lower back too.</p>	<p>Instead of an afternoon caffeine boost, try an invigorating blend of herbal tea.</p>
<p>Standing Chair Twist <i>Stand to side of chair. One foot on seat of chair. Stand firmly and lengthen spine. Hold back of chair. Inhale lengthen, exhale twist. Repeat other side.</i></p>	 <p>Wrings out tension in the deep muscles of the spine</p>	<p>Incorporate easy twists into your day to help relieve stiffness and fatigue from sitting for too long.</p>
<p>Standing Thigh Stretch: <i>Stand in front of desk and hold a finger on desk. Pull abdomen in and lengthen tailbone. Draw up one leg behind you as in dancer pose. Raise other arm in air or leave finger on desk. Breathe a few times. Repeat other side.</i></p>	<p>Stretches the front hip and leg muscles, which can get tight from sitting all day and create pain and tension in the low back. (Diagram doesn't include finger on desk)</p> 	<p>Unclutter and neaten your work area for an immediate sense of focus and calm.</p>
<p>Standing Leg Stretch <i>Stand by side of chair. One leg on seat with heel pressing down. Gentle forward bend over leg.</i> <i>Or as in diagram, one hand extending on to desk.</i></p>	 <p>Imagine this with one foot on the seat of a chair.</p> <p>Sitting for long periods causes the blood to stagnate in the pelvis and legs. This stretch opens the hips, hamstrings, and calves, increasing circulation from the pelvis to the feet.</p>	<p>Keep a variety of essential oils on hand for an energy boost or stress relief. Inhale from a tissue or after rubbing it in hands. For an energy boost try essential oils of basil, eucalyptus, grapefruit, lemon, peppermint or rosemary.</p>

Asana	What it does	Daily tip
<p>Chair Warrior <i>Sit sideways on a chair with your right knee bent to a 90-degree angle and your left leg extended straight behind you. Firm your legs, tone your belly, and lengthen the tailbone. Place hands on front thigh and breathe evenly into torso while moving the shoulders and head back. Inhale and lift your left arm up, stretching your entire left side. Hold for 6 to 8 breaths and repeat on the other side</i></p>	 <p>Chair Warrior stretches tight hips and leg muscles—and ignites a sense of inner strength and power, no matter how busy your workday is! Because the body is partially supported by the chair, you don't need to use as much energy to stay balanced in the pose so you can concentrate on the stretch.</p>	<p>Ask your company to consider holding office yoga classes as part of a wellness program.</p>
<p>Happy Hips Pose <i>Sit on chair. Lift R foot on to L thigh. Feel the stretch. Flex the foot with L hand. Using exhale, lean forward as push foot into hand.</i></p>	<p>When you're seated for long periods, the outer hips and buttocks can tighten. This stretch releases the hip rotators.</p>	<p>Stock up on healthy snacks to bring to work to keep your energy stable all day.</p>
<p>Seated Forward Bend <i>Sit on chair, legs wide. Fold forward on an out breath. Hands on floor or blocks. Use the breath to do cat pose type moves then let head drop and stay in relaxed head down position for 3 breaths. Roll up slowly.</i></p>	<p>This <u>gentle inversion</u> stretches the long muscles of the spine and refreshes the nervous system by encouraging blood flow to the head, neck, and shoulders. <i>No diagram</i></p>	<p>Take a mini-vacation from work with a visualization done right at your desk.</p>
<p>Finger Roll & Forearm Stretch Stage 1 <i>Hold out hands, palms up. Starting at pinkie, fold each finger and the thumb into the palm. Then unfold from thumb out to pinkie. Work slowly at first, one hand at a time, then speed up.</i> Stage 2 <i>Arms forward, bend down so forearms stretch. – Working from pinkie, hold one finger and gently stretch it back. Feel it in forearm. Repeat other hand. At end sit and breathe.</i></p>	<p>Typing for hours (and years!) can create tension in the forearms, wrists, and fingers. Try this simple, stress-relieving pose <i>No picture</i></p>	<p>Affirmations are a surefire way to diffuse a stress reaction or to calm nerves. Have a few on hand</p>

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<p>Wrist Roll & Shake <i>Sit on a chair for this playful pose. Start with backs of hands together and fingers spread wide. Start rolling wrists towards you keeping them in contact with one another. After 5 turns, change direction – 5 more turns. Then stretch arms down, fingers wide. Begin to shake both hands from the fingertips and progress up to shoulders and neck. Take a couple of deep breaths. Then rest the backs of the hands on the thighs and take another deep breath. Enjoy the silence.</i></p>	<p>This exercise not only opens the carpal tunnel in your wrists; it's also a fun challenge for your brain. <i>No diagram!</i></p>	<p>For a quick way to snap back into focus, try a balance pose like Tree, right at your desk.</p>
<p>Jaw & Neck Release <i>Massage TM joints just in front of ears either side, with jaw relaxed Then with hands clasping sides of chair, release ear to shoulder and hold 5 seconds. Repeat other way.</i></p>	<p>This gentle stretch softens tension in your neck and jaw</p>	<p>Easy side head drops will soothe a stiff neck and help encourage better posture.</p>
<p>Chest Opening Wave Breath <i>Sit with hands on thighs, arms close to chest. Inhale and open arms to side, exhale close. Repeat x 3 Then sit with hands on thighs and practice 3 x full yoga breath from toes to head and back.</i></p>	<p>This exercise incorporates the calming effects of deep breathing and meditation into a gentle shoulder exercise, which can improve posture in your upper back.</p>	<p>Try a simple mindfulness meditation to help improve focus and relieve stress.</p>