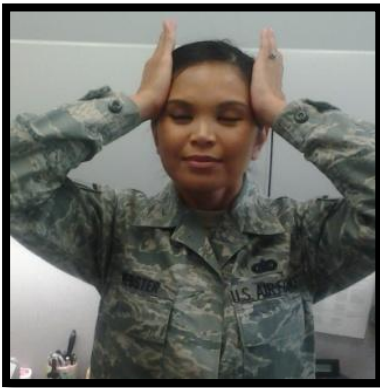




## **Nafsi Yoga for the Office II**

Working at your desk all day can play havoc on you both physically and mentally. Sometimes we have to deal with slow computers (or co-workers), cold coffee, and interesting supervisors. When you are able, take a quick break, turn off your monitor, and regain your center with these simple exercises you can accomplish right at your desk. These postures even work well for those who use a standing desk configuration. The bottom line is simply to take a four minute pause from staring at your monitor or talking on the phone and bring some energy back into your day!

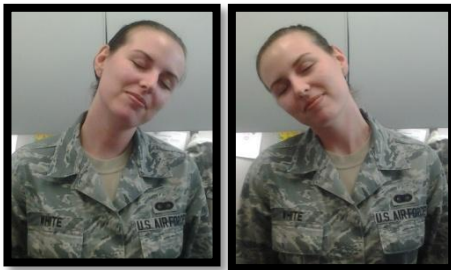
### **Temple & Eyebrow Massage**



Begin with closing your eyes and carefully place your thumbs under your eyebrows, press and gently rotate your thumbs in small circles working towards the outside of your eyebrows and then around. Repeat this process a few cycles and spend a little more time where you encounter tender areas.

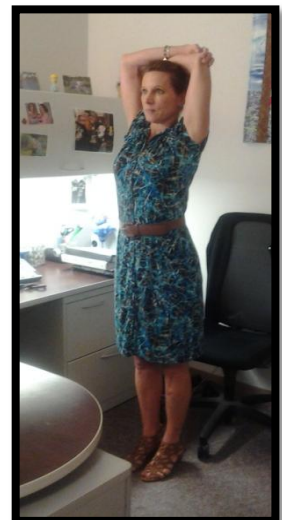
Next, place your hands on your temples and with small circular motions, gently rub your temples clockwise and then anti-clockwise with varying amounts of pressure. Continue this process for a count of 8-10 long slow deep breaths.

### **Neck Roll**



Close your eyes. Let your chin drop down to your chest. Begin the circular motion of your neck slowly, by moving the right ear to the right shoulder, taking the head backwards and then bringing the left ear to the left shoulder. Keep your shoulders loose and relax. Rotate your neck 3-5 times and then switch directions.

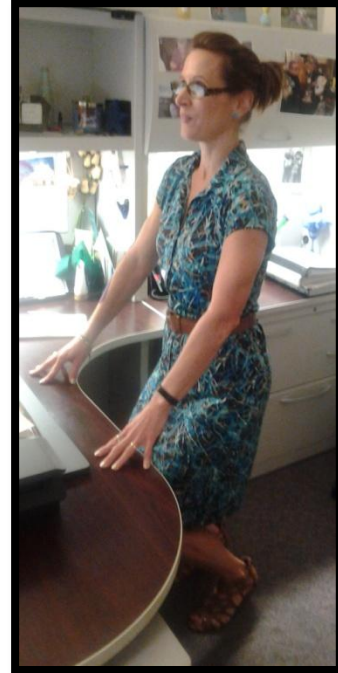
**Frame Your head** Stand and place each elbow into the opposite palm. Take a moment to really fit the center of each elbow bone into the center of each palm. Slightly tighten your grip and pull on each elbow. Feel the opening in your chest as you took deep breaths through your nose. Hold for five breaths, pull to the sides and bring the arms back even with your ears and lift towards the ceiling. Release (slowly) and repeat for one more cycle.





### **Supported Chair Pose**

Time to engage the largest muscles in your body- the quadriceps. Stand in front of your desk (about a foot or so away from the edge) rest your fingertips on the desk and lift your heels up so you're standing on the balls of your feet. Bend your knees and lower yourself down about halfway to the floor (2-3 feet). The posterior extends rearward while you keep your core tight and the torso erect with the shoulders inching back keeping a straight spine. Lengthen the front of your torso and remain in the posture for at least five deep breaths.



- **Chair Pose**

Standing at your desk, keep your heels grounded and reach your arms towards the ceiling (1) (the arms can be shoulders width apart, but if you want to work the shoulders and upper back, clasp your fingers together and extend your index fingers). Alternately, if you have shoulder issues, place your hands on your hips (2). Sit down (a third to half-way) with the weight in your heels and your posterior hovering over your chair. Hold for four full breaths, stand tall and repeat three times.

### **Desk Shoulder Opener**

Move your chair and stand a few feet from your desk and place your hands near the end of the desk. Separate your feet (hip width) and drop your head between your arms to achieve a good shoulder stretch. This will counteract the hunching that inevitably happens when sitting at a desk and typing, while also getting your shoulders back into proper alignment.



**Quick Hits to get back into the game:**

1. Get up from your desk and go out---- get some fresh air!
2. Do you have more than 10 icons on your computer desktop? Minimize!

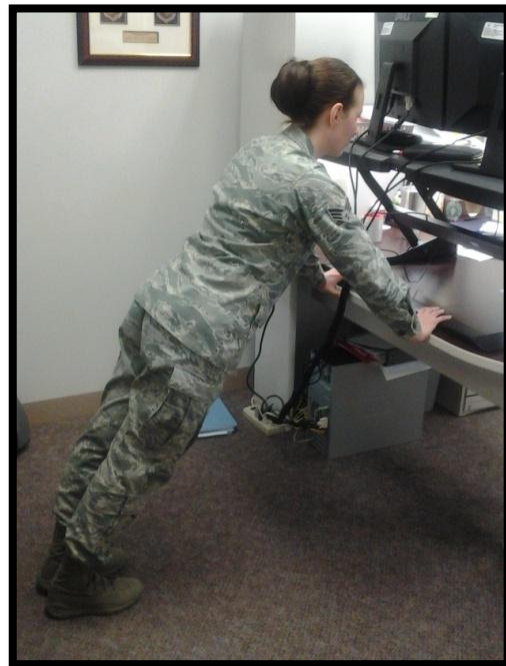


### **Standing Forward Fold**

If you can get away with legs up a wall or kicking into a handstand, by all means. But to keep from distracting the other people in your office a forward fold will do the trick. Stand next to your desk, fold over in half with soft knees and let gravity take over. Hold for at least 20 seconds and sway side to side if that feels good. By letting your arms and head hang, your neck and shoulders will decompress from all that computer typing. Before coming up, soften your knees (bend them slightly) and roll up slowly. The net benefit may well make you feel fairly good and help you to engage a positive attitude in completing your day.

### **Desk Plank Pose**

There is no need to get on the floor to get into your usual plank pose! Instead, use your desk to support this spine-lengthening and hamstring-stretching pose. Place your hands shoulder width distance or wider at the desk edge. Step your feet back 15 -24 inches as you create a pleasant feeling traction for your spine. Hold 5 to 10 deep breaths (inhale and exhale through your nose) and carefully step forward to come out of the pose. Repeat the posture two – three times and work out the kinks most of us get from sitting all day.



#### **More Quick Hits:**

- > Can you see the top of your (physical) desk? Clean it!
- > How much water have you had today? No, not in coffee or tea, just plain water





### **Desk Low Plank**

Your desk can support your yoga pushups! Moving through a few of these strengthening movements during the day gets the muscles moving, warmed up and energizes the mind. And no, doing this in your chair at your desk does not count. Seriously...Get up and try this!

Rest your hands about shoulder width distance on the edge of your sturdy desk (see Desk Plank Pose), and step your feet back so your torso is a diagonal line to the floor. Your feet firmly placed, inhale as you bend the elbows to a 90-degree angle, hugging the elbows in towards the ribs. Exhale and press your chest back up to the starting position. Repeat 8 to 12 times.



### **Desk Upward Dog Pose**



This combines a little 'Yoga flow' into your routine all with the great benefit of opening the chest. These postures will also help you reap the benefits of ironing out the rounded upper back posture seen in those of us who spend most of our time seated across a computer screen.

Set up the same way here as you did for the Desk Shoulder Opener Pose (page 2); with your arms straight, lower your hips toward the desk and raise the torso, lifting the heart towards the ceiling all the while, refraining from sinking in the lower back by using the strength in your legs. Stretch your chest between your shoulders and gently tilt your chin upwards while sliding the shoulder blades down the back. Hold 5 to 10 breaths and reverse. Accomplish two to three rounds to get the heart pumping and bring a sense of alertness back to your day.