



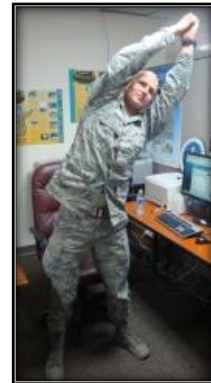
Nafsi Yoga for the Office

Working at your desk all day can play havoc on you both physically and mentally. Take a quick break, turn off your monitor, and regain your center with these simple exercises you can accomplish right at your desk.

Sit up straight! Sitting up straight in your chair helps trains your muscles to support a more proper, pain-free posture at your desk—and everywhere else. Sit up straight, lift and pull back your shoulders, tuck your chin in slightly and soften your chest (do not ‘puff’ it out). Repositioning your spine from the typical slouching form will help re-invigorate you to press on with your day with confidence.

Standing Crescent Stretch

This side-bending pose opens your chest and ribcage so that your breath can deepen and begin to calm the nervous system. It also improves your overall posture and helps to refresh you.



Eagle Arms

Eagle Arms improves your upper back posture and dissolves tension at the base of your neck and shoulders. Swing one arm under the other and continue by wrapping your hands around. If you can not do this, simply place your palms and forearms together and try to bring your elbows together while raising your triceps parallel to the ground.



Alternate:





Standing Thigh Stretch

This pose stretches the front hip and leg muscles, which can get tight from sitting all day and create pain and tension in the low back. [Use desk to support, then lift one leg and catch foot with same side hand--- if balanced, raise other arm overhead]



Standing Leg Stretch

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. Extend your foot onto a chair and lean forward slightly while supporting yourself with a hand on the back of the chair or on your legs. Move forward slowly until you feel a stretch along your hamstrings and calf muscles. Hold for 15-30 seconds.

Chair Twist – Sit in a chair, feet flat, keep the spine erect, and twist left and then right using your opposite hand to bring you around. Keep the twist coming from the mid spine, not the neck! Hold for 15 seconds and then twist to the opposite side. Hear pops and cracks? Just go with it.



Chair Warrior

Chair Warrior stretches tight hips and leg muscles—and ignites a sense of inner strength and power, no matter how busy your workday is! Using the end of a chair, bend one leg over while stretching the other leg behind; tighten and lift your torso just above the chair; raise your arms overhead. Hold for 15 seconds and switch sides--- newly energized, send that questionable email off!





Hip Opener

When you're seated for long periods, the outer hip and buttocks can tighten and blood can pool in the lower extremities. This stretch releases the hip rotators and can prove a beneficial release for the knees as well. Cross the left ankle over the right knee and place a little downward pressure on the left knee with the left hand. Hold for 20-30 seconds and switch legs.

Seated Forward Bend

This gentle inversion stretches the long muscles of the spine and refreshes the nervous system by encouraging blood flow to the head, neck, and shoulders. Keep your feet flat on the floor, widen your knees and reach forward and down for the floor--- attempt to place your hands flat on the floor. Hold for 20-30 seconds.



Wrist Reverse

Have you been at the keyboard all day long? Give your forearms, fingers and wrist a chance to stretch with this easy move; simply place your hands on a desk or chair with your fingers facing your body and put just a little downward pressure on your hands: hold for about 15 seconds. Shake your hands, complete a few wrist rotations, and get back to work!



Quick Hits to get back into the game:

1. Get up from your desk and go out---- get some fresh air!
2. Clean your work area for an immediate sense of calm and focus.

THIS IS A SECTION OF NAFSI YOGA: THE AIR FORCE "BLUE YOGA" PROJECT
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