

## Yoga for the Office

**Important:** Take a few moments to sense the effects in your body after each exercise or set.

### Qigong

5-10 minutes

- energizes, refreshes eyes, strengthens legs, loosens shoulders, hips, knees, ankles; a great way to start the day!<sup>1</sup>

#### Horse

- feet wider than hip-width, knees bent  
- push arms back and let swing forward; repeat 20-50 times

#### Bear

- stance of **Horse**  
- swing arms around body, hands gently striking opposite hips; 20-50 times

#### Eye movements

- in stance of **Horse**, rub hands together in circular motion until hot  
- spread hands out to sides at eye level; move eyes 20x to each side  
- bring hands together, then right up, left down; move eyes 20x to each hand  
- bring hands in front of eyes; focus on finger tips and distant object, 20x  
- rub hands again, cover eyes, move eyes in figure 8, 5-10x in each direction  
- close eyes and sense eyes and body

### Kundalini Yoga

13 minutes

- energizes, warms, releases shoulder and lower back tension, strengthens shoulders and arms, brings suppleness to spine, opens heart<sup>2</sup>

- do all movements with your eyes closed, rolled toward centre of forehead  
- do all except **Little wings** seated (on floor, cushion, or chair)  
- increase speed several times during each movement  
- hold breath after each movement, counting and increasing hold over time<sup>3</sup>

#### Grinding circles 2 min

- hands on knees, circle torso while grinding tailbone into floor  
- start clockwise, inhaling R to L, exhaling L to R (bending fwd), 1 minute, hold  
- make counter-clockwise circles even bigger, press opposite knee with hand

#### Chin up and down 2:30 min

- hands on shins, on the inhale, lift chin until head tilts as far back as comfortable  
- on the exhale, lower chin gently forward toward collarbone

#### Hips fwd and back 1 min

- hands on knees, keep arms straight; allow head to move along  
- inhale rocking forward, opening heart; exhale back, rounding back slightly

#### Carnival ride 2 min

- arms forming 90° angle, twist side to side, inhaling one way, exhaling the other  
- let head, neck, and jaw relax  
- quick like you're going to fly; best of all, the ride is you!

#### Little wings 1:30 min

- done standing, feet about hip-width apart, knees soft  
- wing movements of 15 degrees up and down, hands straight  
- when you want to stop, that's exactly when you **do not** stop

#### Breath of fire 1:30 min

- arms out in a V, fingers into palms, thumbs stretched up away from fingers  
- pant like a dog to get feel of movement in diaphragm, then do through nose  
- slow down if you're losing the movement in the diaphragm  
- at end, hold breath and slowly bring thumbs up to touch  
- stretch fingers up, release breath, and sweep arms down into:

#### Big wings 1:30 min

- inhale your arms up and exhale down  
- when you want to stop, that's exactly when you **do not** stop!  
- on final exhale, bring your hands into prayer position and sense your body

### Mind Clearing and Refreshing

7-9 minutes

- stills mind, refreshes after work, lengthens spine, eases back tension, stretches hamstrings

#### Alternate nostril breathing

- right hand controls flow of air through nostrils, left hand rests on knee  
- close left nostril and exhale through right nostril to begin  
- inhale R, exhale L, inhale L, exhale R = 1 cycle  
- repeat for 8-10 cycles  
- count length of inhalation and exhalation; keep equal; increase length over time  
- when finished, sit quietly for a few moments noticing the inner stillness or whatever is there

#### Legs up the wall 3-5 min

- stretch arms over head, in T, or rest hands on belly  
- if legs start to tingle, bend knees into butterfly up the wall, pressing knees toward wall  
- do with eyes closed, allowing mind to drift (or read a book)

### Hatha Yoga

15 minutes

- calms, relaxes, warms, eases tension in shoulders, neck, wrists, brings suppleness to spine, stretches sides, hamstrings, and glutes  
- do all movements for 3 or 6 Ujjayi breaths (Ub)

#### Ujjayi breath

- long, slow inhales and exhales through the nose  
- throat is slightly constricted, making a sound like the ocean  
- if your breath gets shorter during a pose, back off slightly in the pose

#### Cat, reversed hands, and wrist circles

- hands spread, under shoulders, knees under hips  
- inhale head and tailbone up, opening chest  
- exhale, drop head and tailbone, arch back up, drawing belly into spine (6 Ub)  
- sit back on heels, then spread hands on floor, pointing towards knees  
- gently ease back until the wrists have a good stretch, hanging head (3 Ub)  
- sit back on heels; hold right elbow in left hand, fingers pointing up  
- circle wrists (3x each direction); do other side

#### Mountain pose

- feet hip width apart, knees soft, lower abdomen drawn in towards spine  
- tail bone tucked under, rib cage lifted, chin parallel to floor, hands active

#### Big wings and side stretch

- in **Mountain**, inhale arms out to sides and up, exhale down (6 Ub)  
- inhale right arm straight out in front and up, exhale bending to left  
- feel stretch in right side, but also lengthen left side up out of hip socket (3 Ub)  
- inhale back to standing straight, exhale right arm down in front; do other side

#### Eagle or shoulder hug

- in **Mountain**, inhale arms to chest height and cross right over left at the elbow  
- exhaling, hook L hand into R palm, or wrap hands around opposite shoulders  
- feel the stretch widening the back of your shoulders (3 Ub)  
- inhale, then untwist arms and release on the exhale; do other side

#### Warrior 1 with forward bend

- in **Mountain**, inhale, then on exhale step right foot back about 3 feet  
- inhaling, turn right foot slightly to side, bring hands to hips  
- exhaling, hinge at the hips until you feel a good stretch in L hamstring and butt  
- extend your spine out long, neck in line with spine (6 Ub)  
- inhale up to standing straight, exhale the right foot forward; do other side  
- in **Mountain**, close your eyes, sense your body, feel earth energy through feet

<sup>1</sup> All poses in this class are suitable during all phases of the moon. The **Qigong** and **Legs up the wall** are especially beneficial during moon-time.

<sup>2</sup> All poses in this class are safe in the first three months of pregnancy or if you practiced yoga before becoming pregnant. However the **Kundalini Yoga** is vigorous and you might wish to skip this segment or do it more slowly.

<sup>3</sup> Do not hold your breath if you have eye trouble such as glaucoma, or if you have ear problems.