

# DESK YOGA

FOCUS: SHOULDERS,  
BACK & NECK

## CAT COW

INHALE  
to arch  
back...



10 SEC



10 SEC  
2x



10 SEC



10 SEC  
2x

## INTERLACE FINGERS & ARCH BACK

FINGERS  
&  
ARCH  
BACK



10 SEC  
2x

## SIDE STRETCH

SIDE  
STRETCH



10 SEC

10 SEC



10 SEC  
2x

## UPPER BACK STRETCH

FULL  
SHOULDERS  
DOWN!



10 SEC  
2x

## BACK & SHOULDER STRETCH

10 SEC  
2x



## NECK + UPPER BACK STRETCH

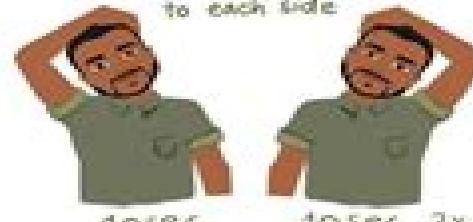
Interlace fingers & push head down ► Slowly transition to arched back



10 SEC  
2x

## NECK STRETCH

Gently pull head to each side



10 SEC



10 SEC  
2x

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# Office Yoga

**Darrin Zeer**

## **Office Yoga:**

Office Yoga Darrin Zeer,2011-04-29 Yoga has gone completely mainstream Sensible people everywhere are saying Om and doing postures once a week Enter the world s easiest yoga book for the place we need it most work Renowned teacher Darrin Zeer brings this ancient Indian art to the modern day office with a fully illustrated easy to use guide offering 75 stress relieving stretches perfect for the cube environment Unlike most yoga guides Office Yoga offers a fun accessible approach and is useful for both beginners and experts Exercises are organized by time of day and for a variety of situationswaking stretches commute exercises on the phone and at the copy machine stretches Humorous and colorful illustrations by Michael Klein enliven exercises that can be performed anywhere from the elevator to the conference room This handy little book will fit nicely on any desktop and makes a great gift for the workaholic in your life

*Corporate Yoga - A Primer for Sustainable and Humanistic Leadership* Shiv Tripathi,Wolfgang Amann,2017-10-18 This book introduces corporate yoga as a novel concept to inspire leaders and managers It suggests using yogic principles to reframe leadership anticipate and handle crises and create sustainable humanistic companies The approach aims to transform vision statements strategies and governance fostering change in organizations

**Office Yoga** Julie Friedeberger,1999-12-31 OFFICE YOGA is a survival handbook for the deskbound a practical manual of simple movements which you can do a few minutes at a time throughout the day to relieve the tension and stress of sedentary working life It gives clear instructions and illustrations for sixty stretching and breathing exercises simple safe and fun to do most of which can be done sitting in your chair at your desk Office Yoga will make you feel better It will relieve and help prevent headache neck ache backache and eye ache It will improve your posture and breathing replenish your vitality boost your energy levels and improve your concentration Office Yoga also offers guidance on improving your personal working environment chair desk and lighting and suggests how to make use of the time you spend travelling to and from work If you work at a desk computer terminal or drawing board in an office or at home Office Yoga will be of sound practical help to you

**At Office Yoga: Your at Work Yoga Guide for Stiff Bodies That Sit All Day** Julie Schoen,Little Pearl,2013-04-04 You work hard all day Don t you deserve a break Recent studies have proven that sitting for extended periods of time throughout the work day is more than just uncomfortable and boring it is detrimental to your health To help combat dangerous side effects of sedentary lifestyles like obesity heart disease depression and diabetes you need to move throughout your day a lot At Office Yoga Your At Work Yoga Guide For Stiff Bodies That Sit All Day shows you how simple doing yoga at work and before and after really can be And it s so good for you too Practicing yoga throughout the work day will Increase Metabolism Improve Posture Prevent and Manage Carpal Tunnel Syndrome Decrease Stress and Moodiness Boost Energy and Productivity Help You Feel Comfortable Confident and Awesome Julie Schoen professional yoga teacher based in New Mexico guides you through three carefully crafted yoga sequences that are designed specifically to help keep you in tip top shape both mentally and physically while at work The 7th installment of her popular

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[Office Yoga 3D](#) David Gilliam, Book description as currently posted on amazon This illustrated guide to practicing Yoga in the office features 3D Animated Videos that guide you slowly through each movement The soothing voices of two Yogis who talk you through the practice Anatomical layers featuring the skeleton muscles and organs in each asana Moments of meditation that bring you into a relaxed mood after each session A written discussion of each clip that explains the focus of the session An Illustrated guide to each practice session for easy reference Two 20 minute sessions for use At the Desk and On a Break Two free downloads for the mobile phone Yoga In the Plane and In the Car [Yoga Journal](#) ,1995-06 For more than 30 years Yoga Journal has been helping readers achieve the balance and well being they seek in their everyday lives With every issue Yoga Journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds We are dedicated to providing in depth thoughtful editorial on topics such as yoga food nutrition fitness wellness travel and fashion and beauty [Office Yoga](#) Alfonso Xang,2021-05-08 You don't need to take classes devote countless hours or spend a lot of your money to get the most out of this ancient practice Yoga This book covers How to find

time to practice yoga without having to change anything in your current schedule How to easily identify useful triggers and empty zones How to figure out WHAT posture to practice WHEN to practice it and HOW to practice it How to eliminate excuses How to bust stress with your breath How to improve alertness if you have a desk job How to improve your balance How to release tension in your hips and lower back How to tone and strengthen your legs while improving your posture Over 20 yoga exercises And much more

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*Yoga Journal* ,2000-05 For more than 30 years Yoga Journal has been helping readers achieve the balance and well being they seek in their everyday lives With every issue Yoga Journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds We are dedicated to providing in depth thoughtful editorial on topics such as yoga food nutrition fitness wellness travel and fashion and beauty

**Chair**

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Office Yoga Diana Fairechild,1999

**The Folk-element in Hindu Culture** Benoy Kumar Sarkar,1917

Yoga for a new age Bob Smith,Helen Smith,Charles

D. Wood,1982

**Chinese Religion Through Hindu Eyes** Benoy Kumar Sarkar,1916

Light ,1918

**The Complete**

**Idiot's Guide to Yoga** Joan Budilovsky,Eve Adamson,1998 A yoga book anyone can use explains how basic stretching

meditation and breathing exercises increase body flexibility relax tense mind and muscle and improve life productivity and self satisfaction Contains step by step easy to follow diagrams of the standard yoga moves

**Râja Yoga Messenger** ,1925

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