



COMO SHAMBHALA

YOGA FOR THE OFFICE

THREE POSES YOU CAN PRACTICE AT YOUR DESK



Sitting at a desk all day can take a toll on the body. Shoulders tighten, lower backs stiffen and you begin to feel lethargic and sluggish.

Fortunately, a few simple yoga poses – easily practiced at your desk – can help shake some of that tension, both physical and mental.

Practice the below poses over five minutes, repeating as often as you can, and you should notice the benefits immediately: a lightness in your muscles, a feeling of calm and a renewed sense of energy.



1

EAGLE ARMS

This stretch will open your upper back – a fairly hard to reach area unless you deliberately practice this pose.

Step one: Sitting in your chair, lengthen your spine. Open your arms wide into a T shape then wrap your right elbow underneath your left elbow. Try to also cross your wrists but if that is not accessible then stay with only your elbows crossed.

Step two: Lift your elbows up so that they are at the same level as your shoulders. bring your hands towards you, so that they are directly on top of your elbows. Now take five deep breaths into your upper back. As you inhale, feel the space you are creating with your breath and as you exhale focus on releasing tension.

Step three: After you have taken five breaths, inhale and lift your elbows slightly above your shoulders, until your body tells you to stop. Then, as you exhale, lower your elbows slightly below your shoulders. Repeat this three times.

Step four: Open your arms wide again, switch sides and repeat the same breathing pattern.

2

SEATED SPINAL TWIST

Spinal twists are great for digestion. They also improve your spinal rotation, which can help to relieve back pain, as well as decrease feelings of stress by releasing stored tension in the body.

Step one: Sitting at the edge of your chair, put your feet flat on the floor, hip width distance apart. Lengthen your spine, as if your head is being pulled towards the ceiling.

Step two: Slowly turn to your left, placing your left hand on the far end of the seat back and your right hand on the closer end of the seat back. Inhale deeply, lengthening your spine by pushing your buttocks down into the chair and lifting the top of your head further up towards the ceiling.

Step three: Exhale and twist your spine further, looking over your left shoulder. Hold this position for five to seven deep breaths.

Step four: Slowly untwist, coming back to centre. Take a few breaths, then repeat the twist in the opposite direction.

3

DESK DOWNWARD DOG

You might feel inhibited to practice this pose at your desk, but it is the ultimate stretch to lengthen your spine, open your chest, stretch your hamstrings and release the tension of sitting.

Step one: Start by placing the palms of your hands flat on your desk, shoulder width distance apart.

Step two: Keeping your hands in place, take a few steps backwards and lower your chest towards the floor. Keep going until arms and chest become parallel with the ground, while keeping your feet directly under your hips so that you are forming an 'L' shape.

Step three: Push your hands into the desk and your feet into the floor. Keep them locked in place as you try to push your buttocks further backwards, lengthening your spine.

Step four: Stay in this stretched position for ten deep breaths, before gradually returning to standing.