

SELF-PRACTICE SEQUENCE (BEGINNER LEVEL)

Yoga at the Workplace



Purpose of sequence

- This is a relatively short sequence that you can practise at your workstation/office/home office desk when you feel tired, sleepy or stressed and need to take a break to re-energize after sedentary work.
- Poses allows work with shoulders, spine, legs and some twists of the trunk.
- Some poses allow to calm down the nerves and free the brain from tension

Sequence overview

- Level: Anyone
- Number of poses: 17
- Estimated time for sequence completion: 20-25 min

Props required

- Simply use your office desk/table and a chair (avoid wheelchair and take one with steady legs)
- 1 yoga brick (alternatively a book)
- 1 belt (optional)

Note: It is recommended to remove your shoes for more comfort.




Caution




In Yoga it is important to listen to your body and respect its limits on any given day.

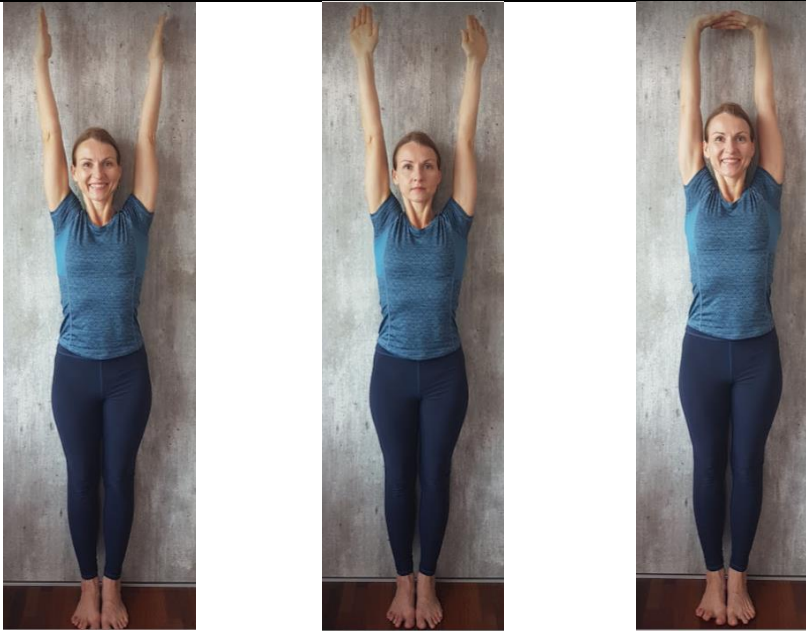


if you feel discomfort or strain; gently come out of the pose.




Waiver:


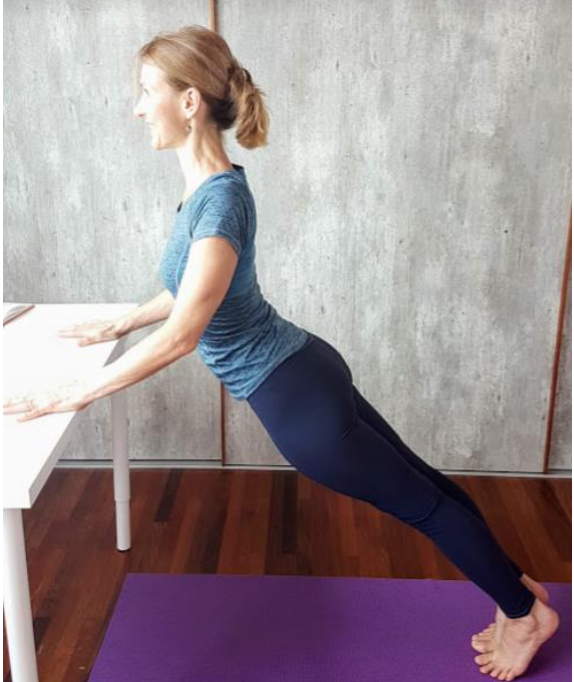
By using this material, you accept you assume the physical risk of own physical condition, neither the teachers, nor Olga Yoga Studio, are liable for any injury, or damages, to person or property, resulting from taking the yoga sequence.


<p>1.</p>		<p>Adho Mukha Virasana</p> <p><i>Spine and neck shall be straight, abdomen is extended from pubic bone to floating ribs.</i></p> <p><i>Face & neck are relaxed, close your eyes</i></p>
<p>2.</p>	 <p>Palms facing each other Palms facing forward</p>	<p>Back bent on the chair</p> <p><i>Extend your arms backward, the backrest of the chair is pushing your shoulder blades in. Throat and face are relaxed, keep breathing.</i></p>
<p>3.</p>		<p>Dandasana</p> <p>Legs parallel to the floor and stretched to the heels. Quadriceps down. Knees to the groin. Spine is lifted. Then interlock your fingers and stretch your arms upward.</p>

<p>4.</p>		<p>Gomukhasana</p> <p>Open the armpits.</p> <p>Clasp your fingers/palms behind the chest (or use a belt), open the chest.</p> <p>Keep one elbow facing up and another down.</p>
<p>5.</p>		<p>Paschima Namaskarasana <i>(easy version)</i></p> <p>Cross your forearms and open the chest, lift sternum up.</p>
<p>6.</p>		<p>Paschima Namaskarasana <i>(classic version)</i></p> <p>Learn the rotation movements of the shoulders, arms and wrists without caving in the chest.</p>

<p>7.</p>	 <p>1. Palms facing each other 2. Palms facing forward 3. Interlock fingers</p>	<p>Urdhva Hastasana</p> <p>1. Open the sides of the rib cage</p> <p>2. Activate the shoulder blades and the back of rib cage</p> <p>3. Interlock the fingers and give vertical extension to the body</p>
<p>8.</p>		<p>Bhekasana</p> <p>Knee facing down, push the calf muscle and foot toward the back thigh.</p> <p>Spine erected, chest lifted, chin parallel to the floor.</p>
<p>9.</p>		<p>Uttanasana</p> <p>Legs are perpendicular to the floor, feet are parallel. Extend both sides of the trunk, arms and spine</p>

<p>10.</p>	 <p>This pose calms down the brain and nerves so that the mind is free from tension.</p>	<p>Parsvottanasana</p> <p>Every joint is involved in the action. Spine is extended, legs are stretched. Do not bend your knee. Keep pelvic area straight.</p>
<p>11.</p>	 <p>Leg forward Leg on the side</p>	<p>Utthita Hasta Padangusthasana</p> <p>Extend both legs, push the heel down, press the chair down and lift the spine up</p>
<p>12.</p>		<p>Adho Mukha Svanasana</p> <p>Stretch from the hands to the buttocks and from the heels to the buttocks</p>

<p>13.</p>		<p>Urdhva Mukha Svanasana</p> <p>Back legs extended to the heels, coccyx down, chest lifted, both sides of thoracic cage forward. Do not lift shoulders towards the ears.</p>
<p>14.</p>		<p>Chaturanga Dandasana</p> <p>Tones the spinal muscles</p>

<p>15.</p>		<p>Bharadvajasana</p> <p>Have the thighs and feet parallel. Sit erect and look straight ahead.</p> <p>Inhale, first raise the trunk and only then turn the chest to the right while holding the backrest of the chair.</p>
<p>16.</p>		<p>Pincha Maurasana</p> <p>Take a brick (or book) and keep it between the extended palms. Put head down on the desk. Press the book with the palms, extend fingers. Keep both sides of the trunk parallel.</p>
<p>17.</p>		<p>Adho Mukha Virasana</p> <p>Cross your forearms. Put head down on the desk. Close your eyes and relax completely during few minutes.</p>
<p>End of the sequence</p>		

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