Desk Side Yoga

Ben Saathoff
Assistant Director Fitness/Wellness
KU Recreation Services
Purpose

Educated how to relax the body and mind at work
Stretch the muscles to circulate the blood
Improve Body Posture
Increase Energy
BREATHE
DEEP
AND
LET GO OF
THINGS
Deep Breathing

To Inhale
• Sit upright, cross-legged like a yogi or in a chair.
• Lift up and lengthen your body so that your spine is not compressed.
• Breathe through your nose.
• To inhale into the lower belly.
• Expand the ribs and widen the middle of your body.
• Keep breathing into upper chest and lungs.

To Exhale
• Pause and hold your breath for a moment.
• To exhale deeply and as your chest releases.
• Continue to breathe out and down through your belly.
• So that all of the air is pushed out.
• Build the practice to longer periods of time
Deep Breathing
Neck Rolls

- Close your eyes.
- Let your chin drop down to your chest.
- Begin to circle your neck slowly, taking the right ear to the right shoulder, the head back, and then the left ear to the left shoulder.
- Try to keep the shoulders relaxed and not to hurry through areas of tightness.
- Take 3-5 rolls and then switch directions and take another 3-5 rolls.
Gently massages the spine, and opens the upper back, chest and shoulder areas

- Bring both feet flat on the floor.
- Bring your hands onto your knees.
- On an inhale, arch the back and look up toward the ceiling.
- On the exhale, round the spine and let your head drop forward.
Arm Stretch

- Bring your arms behind your back, clasping your hands.
- Lift your arms as high as you can.
- Lift your sternum.
- Hold for a few deep breaths.
- Relax for a moment, then repeat.
Seated Forward Bend

- Push your chair back from your desk.
- Bring both feet flat on the floor.
- Interlace your fingers behind your back.
- Straighten your arms, drawing the interlaced fingers down.
- Fold at the waist, bringing your interlaced hands over your back.
- Rest your chest on your thighs and release your neck.
**Eagle Arms**

- Take your arms out to either side, parallel to the floor.
- Bring the arms forward, crossing the right arm over the left and bringing the palms to touch.
- Lift the elbows while keeping the shoulders sliding down your back.
- Repeat with the left arm over the right.
Seated Twisted Chair

• Sit on the edge of your chair, sideways with your left side.
• Throughout the pose, keep your feet and knees together.
• Inhale while straightening your spine.
• As you exhale, twist toward the back of the chair, twisting from the very bottom of your spine -- pushing with your left hand and pulling with your right hand.
• Repeat the inhalation/straighten, exhalation/twist series several times.
• Release and switch sides.
**Chair Lower Back Stretch**

- Sit in your chair, wider than hip-distance apart.
- From the hip crease, bend forward and allow your entire body to relax. You can round your back. Drop your head and completely relax your neck.
- If you are not completely comfortable, try putting a rolled blanket or towel at the hip crease and lean over again.
- Hold for a few deep breaths
- Allowing each exhalation to relax your body and mind a little more.
Wrist Stretch

- Stand up.
- Turn your hands so that the wrists face your computer and the fingers face the edge of the desk.
- Lean in to the wrists and flatten your palms as much as possible.
- Back off if you feel pain.
Standing Pigeon Pose

• Stand up.
• Bring the left knee up and the left shin onto your desk parallel to the edge of the desk.
• Take a forward bend over your left leg, bending from the waist.
• Repeat on the other leg.
Right Angle Pose

Relieve Tight Back and Legs

• Stand facing a wall.
• Place your palms on the wall at shoulder-height, shoulder-width apart.
• Slowly walk your feet back until they are directly under your hips, hip-width apart.
• Reposition your hands down the wall, bending at your hips.
• Your hands and hips should be in line with your shoulders.
• Spread your palms flat on the wall with the fingers pointing straight up and evenly spaced apart.
**Warrior II**

- Keep the heels in alignment and front knee bent.
- Turing hips and shoulders towards the long edge of the mat.
- Bring arms out to shoulder height reaching from finger tip to finger tip.
Triangle Pose

Is a side stretching posture that lengthens and strengthens your back

- Standing, widen your legs three to four feet apart.
- Turn your right leg out to 90 degrees and turn your left leg in 30 degrees.
- Keep heel of your right foot with the arch of your left foot.
- Inhale, bring your arms up to shoulder level.
- Exhale and keep your arms in a straight line, stretch your right arm down towards the floor on the inside of your right leg.
- Extend your left arm straight up over your left shoulder.
- Lengthen your torso and neck and look upward at your left hand.
Cat- Cow Pose

Gently massages the spine, and opens the upper back, chest and shoulder areas

- Get on your hands and knees on the floor.
- Place your hands under your shoulders.
- Place your knees under your hips.
- Keep the tops of your feet flat on the floor.
- Breathe in and out through the nostrils.
- Inhale as you move your shoulders back and your sit bones up towards the ceiling, arching the lower back.
- Exhale and round your back up towards the ceiling and bow your head towards the floor.
- Repeat several times, synchronizing the movement and the breath.
**Down Dog**

Stretches the entire back body from shoulders to feet

- Create a foundation with hands and fully extending the elbows
- Lift the hips towards the sky,
- Then extend the hips, into a inverted V.
- Pushing into the hands and pressing back into the balls of your feet.
- Keeping the spine long.
- Allowing the crown of the head to reach towards the thumbs
- Releasing the shoulders away from the ears.
Come into a comfortable seated posture, with your spine straight.

Extend your arms up over your head with the arms straight and the shoulders down.

Breathe only through your nose.

Flare your apart fingers as you inhale.

Then make a fist as you exhale.

Go at a steady pace for one minute to begin and for several minutes for better results.

End by reaching the arms way up to the sky, hold for a moment as you stretch and then relax the arms down.
Eliminate Eye-Strain

- Lay down on your back in a comfortable spot. Use a blanket or a mat on an even surface.
- Remember to breathe.
- Close your eyes and rub your palms together for a minute or two.
- Cup your hands and place them over your closed eyes.
- Let the heat "soak" into your eyes for 1 to 2 minutes.
- Then slowly open your eyes into the cupped palms and rest them in the dark space of your hands for a few minutes.
- Slowly move your palms away from your face so that the light enters your eyes gradually as they focus.
- Keep extending the arms away until they are straight and you are gazing out and away.
Foot Message

• Press your thumb into the press point located near the “balls” of your feet.
• Slowly start rotation your thumb in a director.
• Work your way towards your heel and then back.
• Use your fingers to spread your toes apart from each other.
• Message each toe individually.
If you are interested on being on the committee please give me your business card

bsaathoff@ku.edu
785-864-1822
Thank You.

Any Questions