



OFFICE YOGA



CHAIR EAGLE POSE



WHAT DOES IT DO?

ॐ
LOOSENS WRISTS AND SHOULDERS

ॐ
RELEASES TIGHTNESS BETWEEN
SHOULDER BLADES AND ACROSS SACRUM

ॐ
STRENGTHENS LEGS

1.

Cross your left thigh over your right thigh. If you can, wrap your left foot all the way around your right calf

2.

Bend your elbows and bring your palms forward until they touch

3.

Lift your elbows while dropping your shoulders away from your ears. Hold for three to five breaths



OF THE WORKING POPULATION SUFFERS WITH RSI



CHAIR SPINAL TWIST



WHAT DOES IT DO?

- ॐ
RELIEVES BACK PAIN AND STIFFNESS
- ॐ
OPENS THE CHEST AND INCREASES THE OXYGEN SUPPLY TO THE LUNGS
- ॐ
LOOSENS THE HIP JOINTS

- 1.** Sit sideways on a chair, facing the right
- 2.** Twist your torso toward the right, holding onto the back of the chair
- 3.** Lengthen your spine on each inhalation and twist on each exhalation for five breaths
- 4.** Move your legs around to the left side of the chair and repeat the twist for your left side

160,000 HIP REPLACEMENTS ARE PERFORMED EVERY YEAR IN THE UK



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SEATED DOUBLE HAMSTRING



WHAT DOES IT DO?

ॐ
STRETCHES OUT HAMSTRINGS AND
LOWER BACK

ॐ
IMPROVES CIRCULATION

ॐ
EASES LEG TIGHTNESS

1.

Sit near the edge of the chair and place your feet on the floor

2.

Place a towel around the balls of your feet

3.

Lengthen your back and lift your sternum. From the hip crease, lean forward

4.

Only go as far forward as you can with your back and knees straight



OF SCIATICA CASES ARE CAUSED BY LOWER BACK AND HAMSTRING TIGHTNESS



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CHAIR CAT COW STRETCH

WHAT DOES IT DO?

- ॐ IMPROVES POSTURE AND BALANCE
- ॐ STRENGTHENS AND STRETCHES THE SPINE AND NECK
- ॐ REDUCES LOWER BACK PAIN

1. Sit on a chair with your spine stretched and both feet flat on the floor

2. Inhale: arch your back, look up, push your belly forward and shoulders backwards. This is cow position

3. Exhale: round your spine, bring your shoulders forward and look downwards. This is cat position

4. Continue moving between cow on the inhalations and cat on the exhalations for five breaths

28% OF REPORTED BACK PAIN IS LOWER BACK PAIN



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CHAIR RAISED HANDS

WHAT DOES IT DO?

- ॐ IMPROVES POSTURE
- ॐ OPENS SHOULDERS
- ॐ STRENGTHENS CORE

- 1.** Sit on a chair facing forwards with your feet flat on the floor
- 2.** **Inhale:** raise your arms toward the ceiling
- 3.** Hold this position for a few breaths
- 4.** **Exhale:** slowly sweep your arms out to the sides

 25% OF PEOPLE WITH BACK PAIN SUFFER FROM HERNIATED DISCS, WHICH CAN BE CAUSED BY POOR POSTURE