

Your At Work Yoga Guide For Stiff Bodies That Sit All Day Just Do Yoga

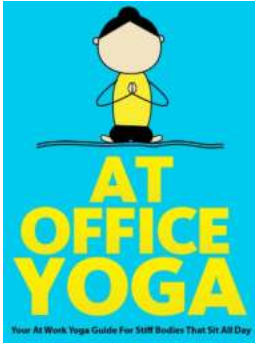


In today's modern world, where most jobs require sitting for long periods, it's no wonder many people struggle with stiffness and discomfort in their bodies. The sedentary lifestyle can take a toll on our physical and mental well-being, leading to various health issues.

However, there's a simple yet effective solution that can help combat these problems - yoga. This ancient practice offers numerous benefits for both the body and mind, and incorporating it into your daily routine can make a world of difference, even at work.

At Office Yoga: Your At Work Yoga Guide For Stiff Bodies That Sit All Day (Just Do Yoga Book 7)

by Julie Schoen (Kindle Edition)



★ ★ ★ ★ ☆	4 out of 5
Language	: English
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Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
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In this comprehensive guide, we will explore different yoga poses and exercises specifically designed for stiff bodies that sit all day. Whether you're working in an office or from the comfort of your own home, integrating yoga into your work routine will greatly enhance your overall well-being.

Benefits of Yoga at Work

- 1. Combatting Stiffness:** Prolonged periods of sitting can lead to muscle stiffness and pain. Yoga helps you stretch and move your body, alleviating tension and promoting flexibility.
- 2. Boosting Energy Levels:** Sitting for extended periods can leave you feeling drained and lethargic. Yoga poses that focus on deep breathing and gentle movements can increase blood flow and provide an instant energy boost.
- 3. Reducing Stress and Anxiety:** Yoga combines physical movement with mindful breathing, allowing you to release stress and calm your mind. Regular practice can significantly reduce anxiety levels, helping you become more focused and productive at work.

Yoga Poses for At Work

Here are some simple yet effective yoga poses that you can incorporate into your work routine:

1. Seated Cat-Cow Pose



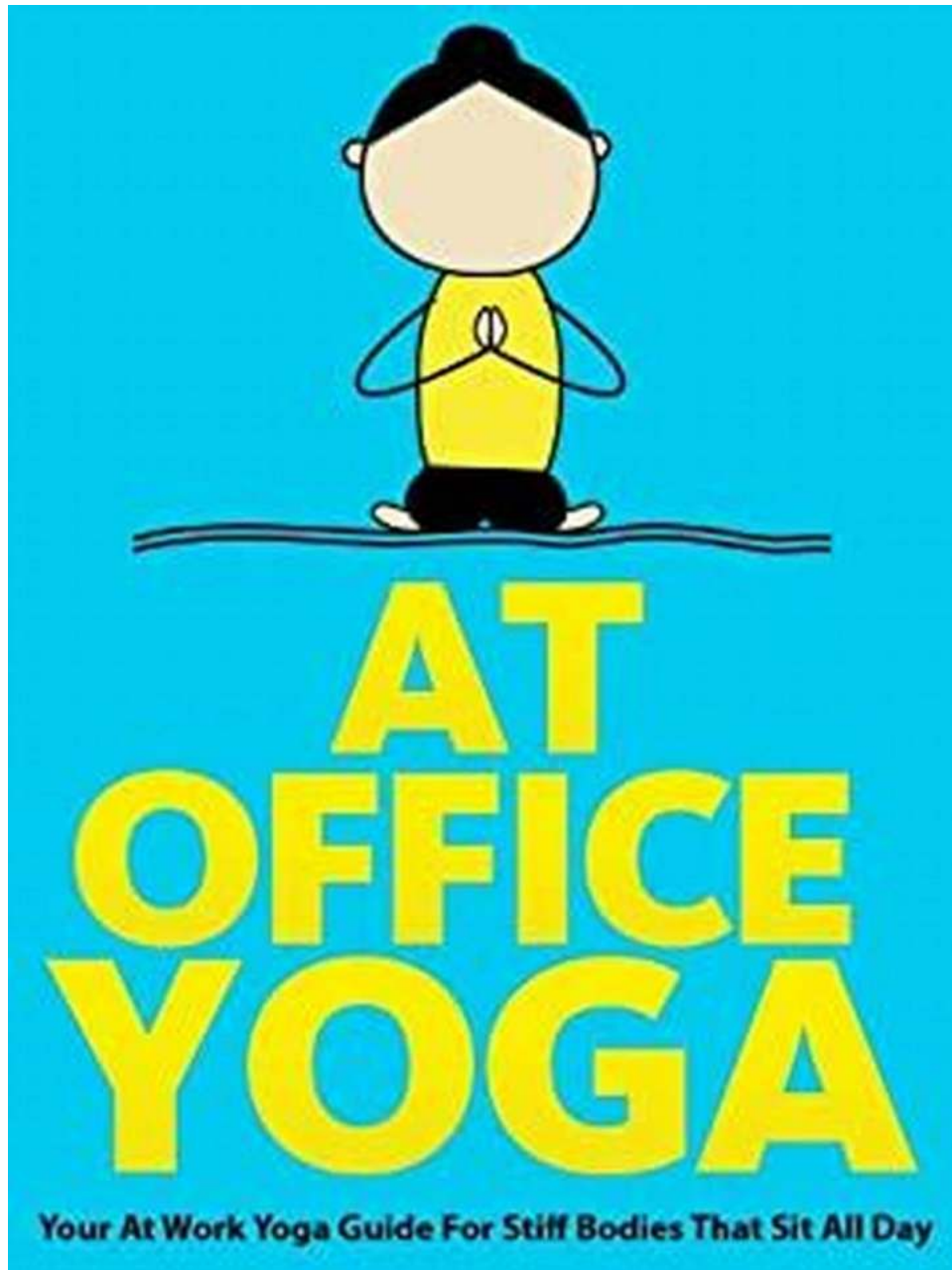
The seated cat-cow pose is perfect for relieving tension in the spine and neck. Sit upright in your chair, place your hands on your knees, and inhale while arching your back slightly. Exhale as you round your spine forward. Repeat this movement for several breaths.

2. Chair Pigeon Pose



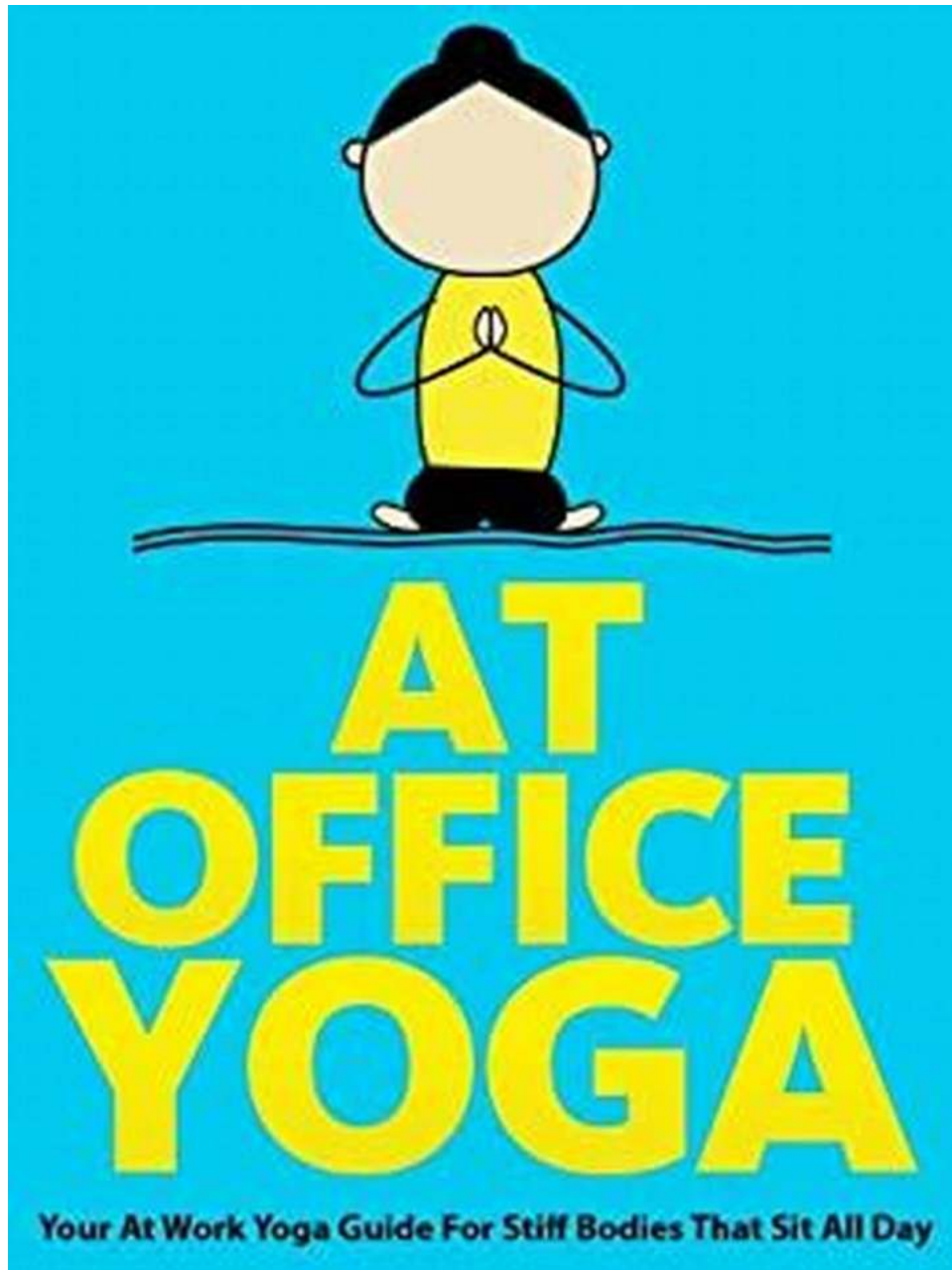
Sit on the edge of your chair, cross your right ankle over your left knee, and gently press down on your right knee. This pose opens up the hips and stretches the glutes. Hold for 30 seconds, then switch sides.

3. Standing Forward Fold



Stand up next to your desk, clasp your hands behind your back, and fold forward, allowing your arms to fall over your head. This pose releases tension in the shoulders, hamstrings, and lower back.

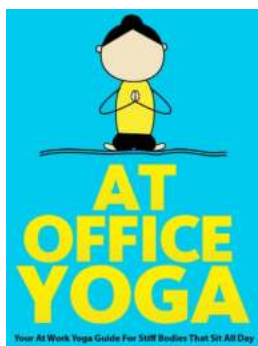
4. Desk Shoulder Opener



Stand with your feet hip-width apart, place your hands on your desk, and walk back until your torso is parallel to the floor. Let your head and neck relax, and feel the stretch in your shoulders and upper back.

Don't let a sedentary lifestyle take a toll on your body and mind. By incorporating yoga into your work routine, you can combat stiffness, boost energy levels, and reduce stress and anxiety.

Remember, even a few minutes of yoga each day can make a significant difference. So, why wait? Just do yoga!



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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 Just Do Yoga series, Schoen's humor, detailed instruction, and beautiful color photographs make this yoga guide one you will return to again and again, beginners to advanced yogis welcome!

Make The Best Of Your Work Day Today -- Buy At Office Yoga Now!



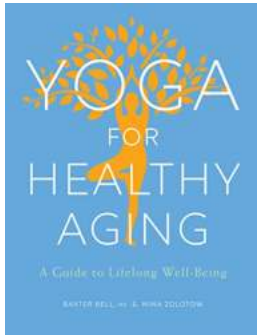
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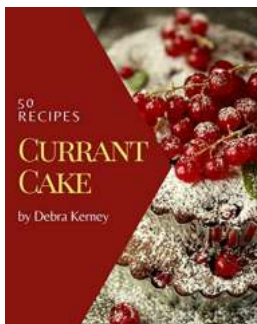
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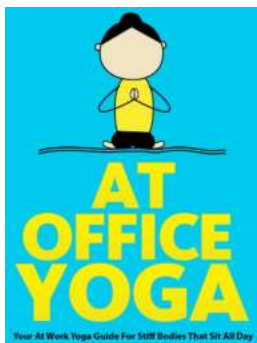
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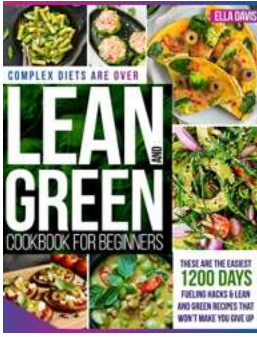
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