

Office Yoga

By Sizwe Gumede - March, 2011

Sitting in front of the computer in the office with targets and deadlines to meet can put a tremendous amount of stress and pressure on the human body and mind. It puts strain on your mind, eyes, neck, shoulder and back muscles, therefore people that sit for long periods of time, will suffer from back problems and poor posture. However a few minutes of yoga can help you manage your mental and physical stress in the office environment.

YOGA - is an intergrated system of education for the mind and body

Benefits of Yoga

- * Mental stress management
- * Physical stress management
- * Emotional stress management
- * Eye exercises
- * Posture correction
- * Muscle strength
- * Muscle flexibility
- * Improves mobility

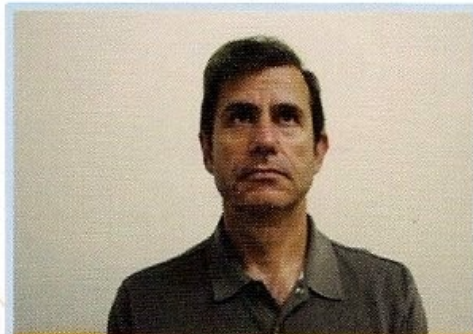
Office Yoga Program



Eye Exercises

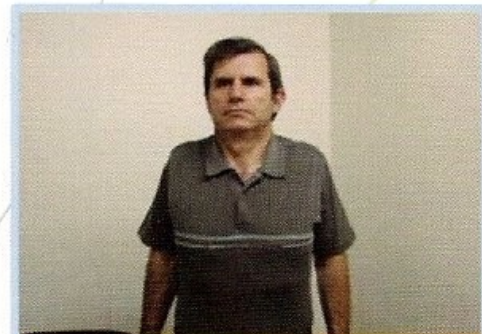
Sit up on a chair as straight as you can with your neck and shoulders relaxed, look up as high as possible, and then look down.

Repeat this exercise at least 10 times.



Eye Exercises

Keep the eyes wide open, look as far to the right as possible, and then to the left. Again repeat the exercise at least 10 times. Make sure that you move your eyes only and not your head. Close your eyes and relax them for 30 to 60 seconds. Eye exercises will help you keep the eye muscles strong and active.



Shoulder Exercises

Stand up as straight as you can with your legs hip distance apart and relax your hands, lift your shoulders up as high as you can and just let go of them. You must breathe in as you lift the shoulders up and breathe out as you let go of them. Repeat this exercise at least 10 times. This exercise will help you release all the tension and stress around the shoulder area.

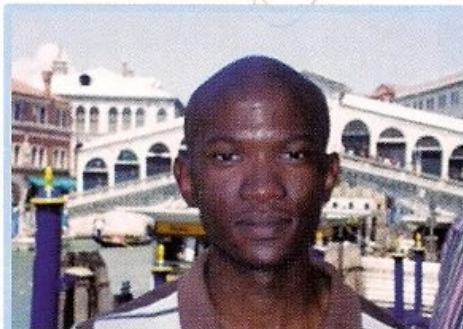


Table Top

Place your hands on the table and keep your back and legs as straight as you can. Look down and relax the shoulders. Breathe in and out of your nose and hold the position for 30 to 60 seconds. This pose will help you stretch and activate your back muscles and improves your posture.



Office yoga should be practiced at least every 2 hours while working in the office. Remember the more you practice the more you will enjoy the benefits of office yoga.



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