

## Yoga for Computer Users

Our bodies have been built to move! In our postmodern age we are spending too many hours in sedentary position, especially those hours spent in front of our computers. To counter the effects of this join us for

~ Awakening the Spirit Within ~

A 45 minute workshop for the practice of breathe work, mindfulness, and a series of office stretches.

An experiential environment that will promote a healthy kinaesthetic environment!

Consciously, give yourself permission to be here, in this room, at this time. This is about you, for you. This experience is about you being with you. Lay down all that has come before and deliberately close the door to what lies ahead. Be in the moment, the now and become aware of what lies within you.

**To do this, we start with Pranayama (Prana), the breath:**

### Key advantages of Prana:

1. Boost vitality
2. Gain confidence
3. Relieving stress
4. Rid of negative emotions

### Different types of Prana breathing techniques

1. Cleansing or sigh breathe
2. Diaphragmatic or belly breathe
3. 4 part or square breathe
4. Alternate nostril breathe (Very Balance breathing technique)
5. Lion's Breathe

### Mindfulness:

While focusing on your 4 part breath sequence, as thoughts come up recognize them for what they are and allow them to go thru' you. You might find the River Bank analogy helpful.

While sitting comfortably on the banks of a river you see a raft floating down stream. As it passes by willing place your thoughts upon it knowing you can gather them later, that the universe will keep them safe until you retrieve them.

Office Stretches: A Small Sample		
Mountain Pose	6 part C-Spine Stretch	Spider
Raised Arms Sequence	Shoulder Shrugs	Chest Opener w/lumbar support
Shoulder Stretches	Flexion/Extension of Wrists	Postural Alignment w/wall support
Forward Bend	Quad Stretch	Hip Opening Squat
Geisha Squat	Flexion/Extension of Anles/Knees	Modified Tree Pose
Cow's Head Pose	Biceps Press in Prayer Pose	Pelvic Tilt
Knee to Chest	Knee to Side	Standing Leg Flexion