

# WORKPLACE YOGA

**WORKPLACE YOGA**

A Guide To Doing Yoga At Work



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# Introduction

Our hectic lives have been made even busier by our ability to be plugged in 24/7. While having access to our global community all the time is great in many ways, it has increased the amount of time we work and the risen expectations of employers who expect their employees to be available nearly all the time. This feeling of needing to be forever accessible has increased our stress levels and caused a great deal of imbalance in our lives. It's time to take a look at how sustainable our current situation is and make the necessary changes to bring balance back into our lives.

One way of doing this is through tools such as yoga. Many companies, both large and small, have added yoga classes and meditation rooms to their benefits for employees to lower stress and create better health. They are seeing hugely positive results in doing this, and the world is taking notice.

## What is Yoga?

Though yoga has gained a great deal of attention in the last few years in the West, it can easily be misunderstood. It's much more than a work-out style. It's a practice that connects mind and body to work together in harmony. It's meant to be a lifestyle change that positively impacts your life, both on and off the mat.

Yoga postures or “asanas” strengthen and relax our bodies, as well as improve flexibility. The word “yoga” comes from the Sanskrit word “yuj” which means “to unite or integrate.” The practice began in India over 5,000 years ago and is practiced around the world still today. Yoga uses postures and also breathing exercises and meditation as a way to bring awareness to the mind-body connection and to ease the tension of life in our modern world.

You may understand that yoga is great for both mind and body, but wonder about its place in the office. One reason this trend is growing is

that, with more deadlines and hours at work, we rarely take the breaks our bodies and minds need to work at peak performance. Yoga offers more than the mindless break you get when surfing Facebook during a quick coffee run. It helps you refocus your attention on what's truly important and stretches your body that's tense and stiff from sitting for long periods hunched over a keyboard.

Corporations have found their employees are more productive, communicative and make fewer mistakes when they participate in a form of yoga during their workday. In fact, employers now know that the time they "lose" when their employees are in yoga classes within the building is more than made up for in productivity.

The benefits of yoga in the workplace are many and varied. Yoga in the office improves:

- Overall health which results in fewer missed sick days
- Creative thinking and smart decision making
- Clarity, focus, and alertness
- Work satisfaction, office morale, and positive thinking

Whether taught formally in the office or employees take a break to do some stretches and breathing, adding yoga into your workday is good for everyone. And the benefits you experience don't stop when you complete your yoga practice. They are payoffs that you will experience in each area of your life as you continue a consistent practice.

## Why Yoga?

As mentioned in the introduction, one of the most beneficial reasons yoga is used in the corporate world is because it's not only a way to get your body moving and fit. It's also a way to improve employee mental health at the same time. By offering yoga classes to workers, companies help individuals under their employ become more aware of their stress levels and give them an extremely effective tool to deal with stress when it shows up.

And, why spend hundreds of thousands of dollars on workout machines and weights when yoga requires very little in the way of equipment? Even a real live instructor isn't necessary when there are cost-effective streaming and app options available. It's easy and inexpensive to get started, and there is not much maintenance involved once the program begins. Yoga is the perfect combination of movement and stress reduction for the fast-paced corporate setting.

## Benefits for Employers

Why would conglomerates like Chase Manhattan Bank, GE, Nike, Apple, Harpo, and Google offer yoga classes during the day for their employees if they didn't see a difference in productivity? They wouldn't. But these savvy companies have looked beyond the dollar signs and recognized that improving their employees' lives and working conditions not only shows they care about those who are loyal to them but also that by investing in their workforce ends up growing their bottom line, even though it seems counterintuitive.

Other benefits to companies who offer yoga in the workplace include:

- Decreased health care premiums
- Reduced staff turnover
- Increased productivity
- Higher job satisfaction in employees

- Reduced employee absenteeism
- More attractive company to potential employees
- Lowers number of workman comp claims
- Improves camaraderie

## **Benefits for Employees**

We mentioned a few of the benefits to employees who take part in yoga sessions available in their workplace, but let's consider the entire list here.

- Increases energy and vitality
- Reduces stress, anxiety, and fatigue
- Reduces muscle tension and pain
- Improves memory, mental clarity, and focus
- Improves overall health
- Reduces back, shoulder and neck pain and stiffness
- Improves immunity
- Increases morale
- Improves efficiency and motivation
- Improves muscle tone, flexibility, and posture
- Lower burn out rate
- Less aggression and hostility

Yoga in the workplace is a win-win for employers and employees alike.

## **Science Says Yoga Works**

In the West, knowing that another culture has utilized something for a long time doesn't mean it shouldn't be proven effective. In this vein, modern scientific studies have been completed by numerous highly-advanced and respected universities and organizations to see just how effective yoga is at providing the benefits yogis' claim it does. Here's a rundown of some of the results of such studies.

Immediately after class, studies show:

**Enhanced Brain Function**--After just 20 minutes of yoga flow postures, one study found enhanced cognitive function, better focus and more working memory in participants. The yoga participants even performed better in these areas than did the participants who spent the same 20 minutes doing aerobic exercise.

**Lower stress levels**--One study found that at least a portion of yoga's ability to lower stress is due to its ability to lower the activity of proteins that impact inflammation in the body.

**Modified Gene Expression**--A Norwegian study found that at least some of the many health benefits of yoga are due to its ability to improve gene expressions in immune cells.

**Improved Flexibility**--A U.S.-based University found that one form of yoga, Bikram, improved shoulder, hamstring and lower back flexibility, as well as lifting strength and decreased body fat compared to a control group.

**Lower Blood Pressure**--It's been discovered that after a few months of consistent yoga practice, research participants who had mild to moderate hypertension had naturally lower blood pressure levels than those who joined in a program consisting of walking, nutrition and weight counseling.

**Less Chronic Neck and Back Pain**--Several studies have shown that practicing Iyengar yoga, which focuses on proper alignment while practicing flow poses, provides better relief from chronic neck and back pain than standard medical treatment.

**Lower Anxiety Levels**--Participants of one study showed remarkable improvement in the amount of anxiety triggers they experienced after only 12 weeks of yoga. These participants had, in fact, raised their gamma-aminobutyric (GABA) levels in their brains simply by practicing

yoga consistently during this time frame. GABA has been linked with depression and anxiety disorders.

**Balances Blood Sugar**--By adding yoga to the typical diabetes care regimen for three months, participants with diabetes had consistently more balanced blood sugar levels, as well as decreased body mass index.

**Stronger Bones**--Practicing yoga long-term has been proven to build bone density in older adults who are at risk for osteoporosis.

**Healthy Weight**--Another research study followed people who had practiced yoga for a number of years and found they had an easier time to maintain a healthy weight as they aged.

**Reduces Risk of Heart Disease**--Several studies have shown that those who practice yoga faithfully long-term enjoy a lower risk of heart disease due to high blood pressure, cholesterol and high blood sugar.

## Yoga for All

Just because yoga is becoming a hot-ticket for wellness programs in many large and small companies doesn't mean we should expect all businesses to start up yoga sessions during the workday. It's great that many are waking up to the fact that they can have both healthy, happy employees and high profits, and you should definitely take advantage of these programs if available.

But what if you don't have the option? In our technologically-advanced world, you can still enjoy yoga even if there isn't a corporate-sponsored program where you work.

## Team Up

If you prefer to participate in a group activity, talk to some of your colleagues and find other people who understand how beneficial yoga is and want to start tapping into the goodness. Even if you work in a small office, it's a good bet you'll be able to find a few folks who would love to spend part of their lunch break doing yoga.

Don't let the fact that you don't have a live yoga instructor stop you! There are many online streaming yoga courses available and more being introduced all the time. And they are very affordable. Have your work buddies chip in and get a membership to one of the streaming yoga apps available, then use a table or laptop to stream the yoga classes through.

Just like in-person classes, most of the online classes have a wide range of types of yoga, skill levels, length of classes and focus areas. If you and your group decide you want to focus on eliminating the chronic back and shoulder pain you all experience from sitting at a computer all day, you can definitely find it in the memberships. If you feel you only have 20 minutes to practice, no problem. You can find ones that meet that need and many more. We'll take a deeper look at these programs later.

## **Go Solo**

What if you work alone or you are the only one in your office interested in benefits of yoga during your workday? Same goes. Get an affordable membership to a streaming yoga program, scope out a rarely-used conference room, push the chairs aside and go for it. No one even need know where you are or what you're doing if you don't want them to. It boils down to this: if you want to tap into your body's wisdom, relieve stress, eliminate built-up tension and work more efficiently, not to mention happily, you can find a way to make yoga at work happen for you.

## **Top Yoga Streaming Sites**

Even though technology can keep us busier and on the go, it also has many advantages that can improve our lives. As we mentioned in the section above, you can find all manner of online yoga classes that you can take with you wherever you go—including to the office. Here's a short list of three popular sites you might want to check out.

### **Grokker**

This site offers hundreds of yoga classes of all types and ability levels. It also prides itself on having tons of other types of fitness classes available to its members. If you want to increase your level of exercise beyond yoga at the office, this is a good site to look at. You can get a 14-day free trial and then pay only \$14.99 a month after. You'll also find all types of recipes for a wide variety of lifestyles, which adds another element of goodness to this site.

Other benefits of this site include a social network aspect where you can interact with other yoga and fitness lovers if you chose to. It also offers one of the widest selections of streaming choices. You can view classes on you're a wide variety of devices, including iPhone, iPad, Apple TV or computer.

## **Gaia (Formerly Gaiam TV)**

This brand name is no doubt known to you. They are one of the best-known makers of yoga mats and other supplies, including yoga instruction DVDs. Now you can bring their high-quality yoga along with you with their vast array of yoga classes from famous yoga instructors from around the world. They provide hundreds of yoga classes for all skill levels and types, so you'll never need to worry about getting bored. Along with their impressive yoga instruction, they also have a large selection of other types of fitness classes and documentaries on mindful living, spirituality, healthy eating and the like.

If you are looking for a range of information and instruction other than just yoga, this is one you need to see to believe. The cost is \$9.97 with the first month at only 99 cents.

## **Yoga Download**

This site offers literally thousands of yoga classes in different difficulty levels, styles of yoga and length of classes. Its special appeal comes from it being one of the only yoga streaming sites that allows you to download classes so that you can view them offline. Depending on your situation, being able to practice without internet capability is a real plus.

The membership starts at \$10 per month, which lets you download up to four classes each month. Once you download a class, it's yours forever, which is a big benefit. You can also upgrade to a higher membership if you want more variety. The upper membership is \$18 per month for unlimited class download.

As you can see, there's something for everyone out there online now. And don't forget there are also yoga apps and YouTube channels you can access for free or low cost. If you are interested in one of these options, take the time to do some research to find the one that's just right for you.

## Yoga FAQs

Many people who have never tried yoga before learn about its benefits by attending a session at their place of work. If you've wanted to give it a go but weren't sure how practical it would be, you should find some comfort in the information below.

### **Won't I need a shower afterward?**

Yoga isn't like working out at the gym. While it will take some effort and you might work up a light sweat, you aren't going to be covered in the stuff. There's no need to worry you'll offend your coworkers after yoga.

### **What if I'm not flexible?**

You may have seen pictures of yogis doing crazy pretzel poses and decided you can't do yoga. But they can do that because they've been practicing for years and years. There's no expectation of how flexible you will be—and, as you continue to practice, you'll become more flexible. One of the great things about yoga is that everyone can do it. And it's easily modified for all skill levels and ranges.

### **I'm afraid I'll get behind in my work if I take that long of a break.**

Many research studies have shown that practicing yoga greatly improves your productivity due to deeper focus and stamina. You'll notice that you work more efficiently when you take the time to attend a corporate yoga class so you won't need as much time to complete tasks as before.

### **I don't want to buy the equipment for another exercise type.**

Most of us have like-new workout equipment we bought and never used. In yoga, your body is your equipment, so there's very little that you need. Many corporate yoga instructors have mats and other tools to loan out to those people in the class. So it's likely you won't need to buy anything to

get started enjoying the benefits of a yoga practice.

### **What if everyone is better at it than I am?**

Trust us. Your coworkers are going to be too busy with their yoga practice to worry about yours. Yoga is for everyone. It's not like sports where there is a competition factor. In fact, it's the exact opposite of that. You tune into your body and follow its guide. There's no award given for who can bend down the farthest or hold a pose the longest.

### **I'm a total beginner, so I'm afraid I'll hold everyone else up.**

Yoga instructors are pros at working with all skill levels within one class. They can help you modify any pose that might be difficult for you. It's also good to remember that most organized corporate yoga classes will be based on a beginning level, so there's no need to worry about holding other people up. Just as instructors can modify poses for beginners, they can also easily modify poses for those who are more advanced.

The main thing is just to get started. Take advantage of yoga sessions if they are offered by your employer. You don't have to be a yogi or have practiced yoga for years to reap the benefits to your body and mind. You'll notice a difference in how good you feel after your very first class.

## Desk Yoga

Even if your company offers yoga classes or if you and a small group of coworkers usually do yoga on your lunch break, there will be times when you can't leave your desk. But it's not the end of the world. In fact, there are many yoga poses you can do at your desk, or even in your office chair that can help you get through your workday without being exhausted and fatigued. So even if you did manage to get to yoga class, you can use these poses anytime you notice yourself getting tight or distracted all throughout the day.

But really, does desk yoga have the same benefits as going to a class and being on a mat? Yep, it does. Remember we've talked a few times about how yoga is so adaptable and that practically every pose can be modified to meet each individual's needs. Desk yoga poses are exactly that—postures that have been modified so we can do them even when we are stuck behind a desk all day.

The benefits include increased circulation flow which improves brain function and keeps muscles loose and relaxed, and we're going to give you some poses to use right now, today. There are many poses that can be done at your desk or in a chair, so if you find these helpful, do a quick search to find other ones too.

### Seated Crescent Moon Pose

When we sit at a desk all day, we tend to hunch over our keyboard with is part of the reason we have so much neck and shoulder tightness and pain. This pose helps correct this, helping you to sit up with a tall spine, relieving the unnatural pressure on your neck and shoulders. It also helps clear your head so you can focus better.

Start by lifting your arms up over your head and stretching your fingers wide. Now, lean from the waist to the right and hold the pose for two or

three deep breaths. Come back to center and then repeat the pose on the left side.

### **Wrist and Finger Stretches**

Typing on a computer all day causes tension to build up in the tendons and muscles in our fingers, hands, and wrists, restricting blood flow. Doing these stretches every couple of hours will keep the blood moving to these areas, making them less cramped and be at less risk of injury.

Extend your arms to your sides or over the top of your head. Using your wrists, draw five to ten circles in one direction and then the other.

Next, spread your fingers as wide as you can and then quickly close them up into a fist. Do this repeatedly five to ten times and then shake out any tension. To do this, imagine you are trying to get a sticky piece of tape off your hands by shaking it off.

Now, put your hands on your desk with your palms facing up and fingers facing you (yes, this will feel strange). Put gentle pressure on your wrist and forearm by pushing lightly against the desk. Hold this stretch for five to ten breaths before releasing.

### **Chair Pigeon Pose**

Many people cross their legs while they are seated during the day. This can cause an imbalance in your hips and lower spine, especially if you favor one side more than the other, which is typical. This pose will help correct that imbalance and relieve some of the pressure in those areas, helping them to relax.

Sit in your chair with both feet firmly flat on the floor. Now cross your right leg over your left knee at a 90-degree angle. Keep your foot flexed, so you aren't putting too much pressure on the knee. Take note and maintain an equal weight distribution between both sides of your sitting bones and keep your spine tall.

## **Stand and Sit Chair Pose**

Those of us who sit all day end up having underdeveloped glutes and hamstring muscles which are supposed to help us get up from a seated position. This pose helps us strengthen those muscles so they can always be ready to do what we need them to do.

Sit in your chair with your knees bent at a 90-degree angle, with your feet flat on the floor. Now, press down from your heels, keeping your feet planted where they are and not moving them closer to the chair. Stand up without the use of your arms also.

Once you are in the standing position, slowly sit straight back down in your chair without leaning forward or shifting your hips from one side to the other. Repeat this pose five to ten times. Don't worry. It will get easier with practice.

## **Desk Chaturanga**

Yoga pushups, anyone? You can use your desk to strengthen your arm muscles throughout the day. It has the added benefit of energizing the arms and reminding the neck muscles to relax. You'll want to get out of your chair for this posture.

First, rest your hands about shoulder width apart on the edge of your desk. Step your feet back so that your torso is in a diagonal line to the floor. With your feet firmly planted, inhale and bend your elbows to a 90-degree angle, while hugging your elbows in towards your ribs. Now, exhale and press your chest back up to the starting position. Repeat this pose eight to twelve times throughout the day.

## **Desk Upward Dog Pose**

In yoga, we have things called counter-poses. These move our bodies in the opposite way from where we just had them, creating balance in the

body. After completing the Desk Chaturanga, we need to open up the chest and shoulders.

Start out the same way as you did for the pose above, the Desk Chaturanga. With straight arms, lower your hips towards the desk, avoiding letting your lower back sink down. Do this by using the strength of your leg muscles. Next, stretch your chest between your shoulders and then gently tilt your chin upwards as you slowly slide your shoulder blades down and back. Hold the pose for five to ten breaths.

### **Desk Plank Pose**

As we used the desk as your support for the two poses above, we will do the same here. This pose lengthens your spine and hamstrings, releasing tension. It helps undo all the damage sitting all day does to our spine.

Put your hands shoulder width apart or a little wider on the edge of your desk. Now, step your feet back until they are directly under your hips. Now, hold this pose for five to ten breaths.

### **Undoing Sitting Stress**

People who don't sit at a desk day in and day out may not understand the mental and physical exhaustion that those of us do encounter. We suffer not only when we are at that desk, but long after we go home. Our bodies barely get a chance to relax and rejuvenate before we are right back in front of our computers the next day. Office workers of all types suffer from chronic slumped shoulders, tight hips, sore neck and shoulders and stiff backs.

Yoga is an excellent way to undo all the damage sitting for hours at a time can do though. You can use these five postures at the office when you notice the discomfort is causing you to lose focus or at home after a long day at the office.

## **Low Lunge Variation (Anjaneyasana)**

Anjaneyasana stretches the psoas muscle which is contracted constantly when we are sitting in a chair. It also opens the chest and shoulders, and you can also use this pose to relieve sciatica pain.

Start on your hands and knees with both hands approximately shoulder-width apart and knees hip-width apart. Next, step your right foot forward in between your hands and maneuver so that your now-front foot is flat on the floor, making sure to keep your knee in alignment with your ankle. Now, place your back knee, shin and top of foot on the floor behind you. If necessary, move your back knee further back so that you can feel a deep stretch in the groin area.

On your next inhalation, bring your tailbone forward as you lift your torso, and move your hands to rest on your thigh. Lengthen your spine clear through the crown of your head. Hold the pose for three deep breaths and then slowly come back to center. Repeat on the other side.

## **Eagle Arms (Garudasana)**

The Garudasana pose stretches the arms, shoulders and upper back, correcting the position we take when we are hunched over a keyboard. You can do this posture either standing or sitting.

As you inhale, extend your arms out to the side, creating a “T” with your body. As you exhale, swing your right arm underneath the left as you press your forearms together, making sure to keep them perpendicular to the floor. Press your palms together or grab ahold of the opposite wrist. Now, slowly lift your elbows slightly and feel your shoulders melt down your back. Hold the posture for three deep breaths. Repeat on the other side.

## **Sphinx Pose (Salamba Bhujangasana)**

The Sphinx pose opens your chest and shoulders and strengthens your spine, which counteracts the closed chest and shoulders we have when sitting at a desk. It's also used to quiet your mind when it's too busy. First, lie on your stomach with your legs side by side. Now, rotate your thighs inwards and roll your outer thighs towards the floor. Bring your tailbone towards your toes and press your toes into the mat. Make sure your shoulders are over your elbows, and your forearms are parallel, and your palms are facing down.

Next, melt the front and the back of the heart while softening your shoulders. Hold the pose for five to ten breaths.

## **Child's Pose (Balasana)**

A posture that most people know, Child's pose stretches out the low back and opens your hips, ankles, neck, arms and the sides of your body. It's a grounding posture that helps you connect to your inner stillness.

Start on your hands and knees with both hands approximately shoulder-width apart and knees hip-width apart. Next, spread your knees as wide as your mat and place your big toes towards one another. Relax your knees back towards your heels. Allow your torso and head to melt down onto the floor. Rest in this position for five or more full breaths.

## **Corpse Pose (Savasana)**

Savasana reduces anxiety, fatigue, and headaches. It also helps reduce stress levels and depression.

Lie on your back and feel your body melt into the floor. Place your arms at your sides and allow your feet to flop open. If you have lower back pain, you may want to put a bolster or a rolled up blanket under your knees to reduce any strain on the lower back. Stay in this pose for five to ten minutes for optimal effects.

## **Pranayama at Work**

You may remember that yoga is about more than postures or asanas. There are two other “legs” of yoga that are commonly practiced in yoga classes: breathing exercises (pranayama) and meditation. This next section is dedicated to breathing techniques common to yoga practitioners all over the world.

While the yoga postures focus on moving your body in time with your breath, pranayama focuses on bringing your mind back to calmness and focus.

There's a common misconception about yoga and meditation that to reap any benefits or "do it right," you have to spend hours at a time doing them. Fortunately, this isn't true, unless you are a monastic or yogi. But those of us who work nine to five can easily utilize these relaxation techniques throughout the day. In fact, to ward off the constant bombardment of stress that we deal with daily, it's actually more effective to complete short cycles of yoga, pranayama, and meditation rather than one long extended period of time.

Much of what we've shown you so far can be done at your desk. And while your coworkers will notice you moving into seated yoga poses, it's doubtful they will pay any attention to you when you time a few minute time-out to focus on your breathing.

The pranayama techniques below are specially chosen for quick relief from mental stress and for the least amount of interference to others in your work area.

### **Attention to Body**

Our mind runs wild with thoughts of past mistakes and accomplishments and worries about the future. When our mind is in one of those two places, it can't still itself. Our body is always in the present though. So

one way to still the mind of all its chatter is to focus your attention on your body.

Sit up with a tall spine, and let your shoulders relax. Lay your hands in your lap and take a few deep breaths. Allow your body to relax further with each exhalation. Once your body is relaxed, move your attention to your toes. Imagine a white wave of light moving slowly up your legs all the way up to your hips. Continue to breathe deeply.

Next, bring your awareness to your fingers and do the same thing—imagine a white wave of light flowing through your hands, starting from your fingertips. Allow the light to spread through your arms to your shoulders. Then bring the light up from your hips to your torso, chest, and back. Allow the two streams of light waves to meet at your shoulders and move up into your neck and up to your face and head.

Feel your jaw and forehead relax as the light moves up to the crown of your head. Allow the light wave to stay longer in whatever part of your body feels tense, and allow the light to permeate that area, softening it. Now, stay in this place of light and relaxation for a few more deep breaths, allowing the relaxing white waves to gently surge through your body.

Practice this exercise for five to ten minutes when possible, but even a couple of minutes will help bring your mind back to the present moment, calming it and your body. As you practice, bring your mind gently, but firmly back to the present whenever it strays.

### **Extend Your Exhale**

Our nervous system is typically in high gear due to the stresses we face each day at work and in our personal lives. This fight or flight response causes our minds to spin, and our bodies tighten—preparing for whatever is needed to survive. One simple breathing exercise that allows the

parasympathetic nervous system to kick in is to extend your exhalations. Our parasympathetic nervous system slows our heart rate and signals to our minds and bodies that we are secure—that it's safe to relax.

You can practice this anytime; no one will even know you are doing it. This simple practice gives your mind and body a mini-vacation so you can go back to your tasks refreshed and focused.

Simply inhale as you count to four, and then exhale more slowly as you count to six. You can continue for five to ten minutes to gain the ultimate benefits.

### **Feeling the Stress**

When you notice discomfort because you are too busy, stop for a moment and locate where that stress is within your body. Many people experience stress in their temples, neck, shoulders or stomach. Where is yours?

Without needing to think about what is causing the stress, just notice it in that one part of your body. Close your eyes and notice what color it is. What shape it has. Does it have a texture? How about a smell or a feeling of hot or cold?

Avoiding judgment of the stress, change each of these variables one by one. Change the color to your favorite. Make the shape softer or more pleasing. You may even choose to change the location of the stress. This simple exercise helps you become more aware of the fact that you are in control of stress, not the other way around. It will help you become aware of your stress response sooner, so it becomes much easier to manage.

## Conclusion

Yoga is a versatile way to reduce stress and focus your mind. You take it with you everywhere because your body is the only equipment that is needed. This makes it ideal for using at work to reduce the effects of the tension we often feel during the day. As we wrap up this eBook, keep these important points in mind:

1. Yoga is for everyone. No matter what your skill level, yoga postures can be modified to be beneficial.
2. Even if your employer doesn't offer yoga classes in your place of work, you can choose to use this powerful tool to live a happier healthier life. Grab a friend or two or do yoga solo. Find a quiet conference room and use your lunch or breaks to enjoy a short yoga class via streaming websites or yoga app.
3. There's no competition in yoga. In fact, it's anti-competition, so enjoy your breath moving along with your body as you participate in a yoga class at the office.
4. Even if you miss a class or don't have access to one, you can still utilize yoga in your workplace. Try the desk yoga postures recommended in this eBook. You'll be amazed at the difference this makes in your day.
5. Scientific research studies have proven that yoga has amazing benefits for your life, including less fatigue, less neck, shoulder and back pain, better concentration and focus, lower body mass index and lower risk of heart disease.
6. Yoga also quiets the mind by bringing you back to your center. When it all feels too much, taking even a short break to practice a few poses can help your body and mind relax so that you can tackle what's next with more ease and grace.
7. If you feel there would be enough interest, talk to your HR department about the possibility of adding a yoga class to the office. Even once a week is a great start. You can always practice on your own the other days.

8. Remember that yoga uses the power of the breath and mind as well as the body. Tap into your center of power and quiet whenever your mind begins to race, or you are struggling to keep your composure. A few moments of following your breath can make the world of difference.
9. If you don't have access to a place where you can practice yoga during the day, try going outside to do it. Or find a quiet corner to meditate for a few moments, allowing your focus to rest on your breath. People have even been known to use bathroom stalls to get a bit of peace and quiet for some pranayama.
10. Find a meditation or yoga app and plug into it a few times a day for just a few minutes to rejuvenate. There are many to choose from, and once you've found one you like, you make yoga even more portable. You can put your earbuds in anywhere and be transported to more relaxation.