

PRACTICAL EXERCISES • NUTRITION • MINDFULNESS • LIFESTYLE & WELLNESS

YOGATM MAGAZINE

www.yogamagazine.com

ISSUE 218/ JUNE 2021

STAY HEALTHY IN BODY & MIND

WIN

1 MONTH SUPPLY OF

SUN CHLORELLA & MORE

5 TIPS TO GET STARTED WITH MANTRAS

AUTOGENIC TRAINING & YOGA

UNRAVELLING chakras

KEEP YOUR WEIGHT OFF FOREVER

INFINITY THROUGH kriya yoga



UK £5.75

USA \$11.25 CANADA \$14.99
BELGIUM, FRANCE, CYPRUS, ITALY, AUSTRIA, MALTA,
SPAIN, LUXEMBOURG, NETHERLANDS,
PORTUGAL €11.00 JAPAN ¥1572.00 UAE AED58

facebook.com/official.yogamag



facebook.com/official.yogamag

Can you practice yoga in your office?

Words: Julia Grässer
Photo Credit: Thomas Larsen
(page 84,85,86),
Henrik Mee Løvgret (page 87,88)

Your back hurts, your eyes are dry and you are on coffee number eight. Don't we all know those days in the office? Staring at the screen and nothing fruitful leaves your brain anymore. We push ourselves to be productive and creative without valuing that our bodies and minds need breaks from the same position, the same use of thoughts. We get tired, unproductive and our physical bodies start suffering. To be truly creative, we need to clear our minds regularly. We need to supply our brains with oxygen to think properly - we need to sit upright or better, stand. But check in with your spine right now, how do you sit? Hunching forward, falling over to one side? Can you imagine how much stress you are causing to your spine, the nerves and your nutrient supply to your vital organs?

But do not worry, a few minutes office yoga a day can go a long way. Yes you read right, yoga in the office. To practice yoga you do not need to change into leggings neither you do

not need to roll out the mat. You can practice yoga anytime and anywhere. And if you have practiced in a studio before, you probably know that calm but energized feeling one has after the class. Why not get that feeling regularly at your desk too?

"I participate in office yoga in the middle of my work day. That gives me energy for the afternoon." - Ida O., Sales Manager in IT.

BENEFITS OF OFFICE YOGA

Besides instantly feeling better after office yoga, this short, mindful and active break can help to increase team spirit and employee satisfaction. Employers reported that their teams are more productive and more focused after just two weeks of daily office yoga.

"Our team saw it as a bit of a fun gimmick in the beginning. It's still fun, but now a deeper appreciation is widespread and the concentration levels are higher, leading to higher efficiency." Jeppe M., CEO in circular economy.



Less stress at the workplace can result in less long term stress related sick leave. Further, learning how to sit right and being reminded of it regularly can result in less back injuries.

HOW TO GET STARTED

First prioritise breaks. Book a meeting with yourself outside your lunch break. Talk to your manager or HR about the benefits of office yoga and get your team on board. Some companies even pay to hire a yoga teacher or for their employees to join short office yoga classes online.

SET AN INTENTION

In my office yoga classes, we always set an intention before we practice. Even if it is just a five minutes break, the intention will help you to take it seriously and stay focused. A nice intention could be: I let work be work now, I let the world be the world. I focus fully on my mind, body and breath for the next five minutes. A sincere intention can make all the difference.

Julia Grässer





facebook.com/official.yogamag

GO FOR A WALK

If you can, take short walks around the building to move your body and let your mind wander, try not to take your phone with you, so you are not tempted to distract yourself. Let your eyes wander far and feel the wind, sun or rain on your skin.

LOOK OUTSIDE THE WINDOW

Stand up straight and let your eyes gaze into the distance. Then look what is around you in the far corners of your eyes. Sitting in front of your computer all day and then staring on our phones on the way home, limits the usage of your eyes drastically. Train them to keep them healthy and functional as long as possible. Look into the distance, close them, look up, to the sides, look down or just do big circles with your eyes while opened or closed. Close them for a bit after you moved them in new ways and imagine - and also feel - how your eye muscles are completely relaxed and your eyeballs are melting into your head.

BREATH SLOW AND DEEP THROUGH YOUR NOSE

Did you know that you can breathe your body into stress? Short, shallow and fast breathing signalizes your brain you are in flight and fight mode. Bring your nervous system into rest and digest with the power of your breath. First of all pay attention if you breathe through your nose. Whenever you notice mouth breathing, close your mouth and direct the airflow through your nose. Now close your eyes, stand up or sit up straight. Place your palms onto your lower abdominal area and breath slowly into the tummy. A count can help, but do not stress about it. Know that breathing right is an art and we need to practice. Try to breathe mindfully at least once a day, slow, deep breaths through your nose, ideally same length of inhale and exhale. If you get a bit more advanced, try to make the exhales longer than your inhales to relax even more.



SIT (OR STAND UP) STRAIGHT

In the beginning it might require some effort and core muscles activation to sit up straight. The more you practice, the more it will become second nature not to hunch over your desk. Take a post-it and place it in front of you as a friendly reminder to not squeeze your spinal discs and not compress your lungs if you do not sit up straight.

MOVE

After you set your intention to take a mindful break, continue with conscious breathing. You have your favorite pranayama from your yoga school? Go for it. Now feel into your body. Feel where you are especially tight and then slowly mindfully move those areas. There are many different ways to release physical tension. To identify problem areas and move them slowly and mindfully is a great start. Now, sit on the edge of your chair, hands on your thighs and do a few rounds of seated cat and cow. Here you round your spine and tuck your chin



and tummy in on your exhale and arch your spine looking forward or up on your inhale. Take a couple of rounds here. Feel how every vertebrae is moving one after the other. It is like a wave moving up and down your spine, feeling the stretch in your front and back body.

Stand up and move even more. Stretch your body tall, to the side, add a little forward fold and with bent knees just let your arms and head hang. Come half way up (Ardha

Uttanasana) with a straight spine and place your left hand on your right thigh, and lift the right hand high into the air to twist. Change sides. (see pictures)

A MINUTE OF SILENCE

In the office yoga classes I teach, we usually close with sitting up straight on the edge of our chairs, eyes closed. There are no suggestions for a specific meditation technique, we just sit in silence for one to three minutes. Just giving our minds a break. A bit like a seated savasana, letting go of all control and just enjoy being.



facebook.com/official.yogamag

WHEN TO PRACTICE OFFICE YOGA

Really anytime when you need it. If you like consistency, practice before lunch every day. Studies have shown the negative effects of stress on our digestion. If you can relax body and mind before eating, you are more likely to digest and absorb nutrients better.

WANT MORE INSPIRATION OR GUIDANCE FOR YOUR OFFICE YOGA PRACTICE?

Warrior Princess Yoga offers a 25 minutes live online class on weekdays. Here you can get new inspiration for short meditations, breath work, eye exercises and easy stretches and strengthening exercises, which you can do in your office clothes; sitting or standing in front of your desk.



Julia is the founder of Warrior Princess Yoga. After many years in the corporate world, she is passionate about office yoga, helping her students to prioritise mental and physical wellbeing while at work. She has 700 hours of certified training and she uses the different yoga styles she is educated in to inspire her students and teach them tools they can use when she is not around.

www.warriorprincessyoga.com