

# Office Chair Yoga

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**WHAT IS YOGA?** Yoga is a mind-body practice that combines physical poses, controlled breathing, and meditation or relaxation. Yoga may help reduce stress, lower blood pressure and lower your heart rate. And almost anyone can do it. (source: Mayo Clinic)

Our mind can't feel calm if our body is out of balance, this is because stress is stored in our bodies. For some of us, the mind and body are at odds with each other. Yoga brings the mind and body in harmony with each other and helps manage our inner state. Once we learn how to manage our internal state, it affects our relationships with family, work and ourselves.

**BENEFITS OF CHAIR YOGA.** If you have shy away from yoga because you feel intimidated by the postures you see, you might be surprised to learn all the benefits of chair yoga. You can get fit where you sit!

Yoga has been shown to improve overall health and can give benefits to everyone – especially those who sit most of the day in an office.

All types of yoga take your workout to a level of mind-body connection. Yoga helps you relax and focus while gaining flexibility and strength. Yoga can also boost your mood, who wouldn't want to be happier?

**WHY MEDITATION?** A few minutes of practice per day can help ease anxiety and depression. Research suggests that daily meditation may alter the brain's neural pathways, making you more resilient to stress. Sit up straight, close your eyes and focus on your breath or a positive mantra such as "I feel at peace." Place your hand on your belly to sync the mantra with your breaths. When other thoughts come your way, acknowledge them and send them along, you can think about that later.

**PRACTICE MINDFUL DEEP BREATHING.** Take a 2-5 minute break and focus on your breathing- just noting how it feels to breathe in and out. If your thoughts wander – and they will bring the focus back to the breath. Deep breathing counters the effects of stress by slowing the heart rate and lowering blood pressure. Try Dr. Weil's 4-7-8 breathe technique: 1) Inhale through your nose for a count of 4, 2) Hold your breath for a count of 7, 3) Exhale deeply through your mouth for 8 4) Repeat 4 times.

## CONTACT



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## LORI'S ONLINE FREE YOGA RECOMMENDATIONS

See below for some of my on-line yoga practice recommendations. Only have just 5 or 10 minutes? No problem, click on a link and go! Listed in order from chair yoga to beginner yoga.

Breathing Exercises: 4-7-8 Breath (3 minutes) <https://www.drweil.com/videos-features/videos/breathing-exercises-4-7-8-breath/>

Dr. Oz Shares a Pain-Relieving Neck Stretch Beginner (2 minutes)  
<https://youtu.be/znYcTwJBOAE?list=PL6707JB4r5bsG-3kuVEmJqGgj2ZEbw6d>

Neck and Shoulder Release, All-Levels (1 minute) <http://www.yogajournal.com/video/video/neck-shoulder-release>

Mindful Chair Yoga: A 15 Minute Beginner Practice (15 minutes) <https://youtu.be/Fkl88Na3BiU>

Chair Yoga for seniors, Beginners & People on the Go | Easy Chair Yoga Exercises (10 minutes)  
<https://youtu.be/9rNxHZGREks>

DDP Yoga Beginner Beginner Workout Preview (15 minutes) <https://youtu.be/caydaltxbwY>

Yoga for Anxiety and Stress, Yoga with Adriene, all-levels (27 minutes) [https://youtu.be/hJbRpHZr\\_d0](https://youtu.be/hJbRpHZr_d0)

Flexibility and Range of Motion | Beginner Yoga with Tara Stiles (9 minutes)  
<https://youtu.be/4PglfOOHwH8>

Core Strength | Beginner Yoga with Tara Stiles (9 minutes) <https://youtu.be/edNfbfelDHE>

## RESOURCES/ SOURCES

Mindful Health with Lori Website <https://www.mindfulhealthwithlori.com/resources>

Yoga: Fight stress and find serenity <https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/yoga/art-20044733>

5 Chair Yoga Poses for All Ages and Practice Levels <https://www.doyouyoga.com/5-chair-yoga-poses-for-yogis-of-all-ages-and-practice-levels-57559/>

Five benefits of chair yoga and six poses to get started  
<https://www.allinahealth.org/healthysetgo/move/five-benefits-of-chair-yoga-and-six-poses-to-get-started?id=36507248328>

10 Relaxation Techniques That Zap Stress Fast <https://www.webmd.com/balance/guide/blissing-out-10-relaxation-techniques-reduce-stress-spot#1>

See next page for sample chair yoga sequence

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