

Desk Yoga

With Ikigai Yoga & Coach On Call

SEQUENCE 2



Welcome to session 2

Today we covered: pain, an introduction to meditation, and alternate nostril breathing. Our physical sequence focuses on the hips and back - enjoy!

Warm-up Sequence

1. Reach up above your head and interlace your hands
Make sure that you're relaxing your shoulders away from your ears
Hold here for 5 breaths
2. Slowly start to lower your arms to your sides
Imagine you're pressing 2 walls away from each other.
Reach up again and then float the arms down. Do this 5 times.
3. Standing tall, start to slide your left hand down your left leg.
Look up past the right shoulder.
You should feel a stretch into the right side.
Stay here for 5 breaths
Repeat on the other side
4. Come to stand and start to roll the chin down to the chest
Slowly bring the head to look up, it's a gentle tilt - nothing intense!
Repeat this movement 5 times.
5. Move your head slowly to look over the left shoulder.
Bring your head back to centre and look over the right shoulder.
Repeat this movement 5 times.
6. Interlace your hands behind your back, and drop your chin to your chest.
Roll the right ear over to the right shoulder, tilt the chin up and then bring the left ear down to the left shoulder.
Rotate in one direction 5 times and then 5 times in the other direction.
7. Interlace your hands in front of you and press the palms away from your body.
Slowly round into the back, really pressing into the stretch and allow the shoulder blades to separate.

Inhale to lift the chest and arch the back.

Exhale to round through the spine.

Repeat 5 times

8. Take hold of the left elbow with the right hand and gently pull the left arm towards your body.

Hold for 5 breaths.

Repeat on the other side.

9. Hold the back of your chair if you need to support your balance.

Take hold of your left foot with your left hand and pull your foot up towards the glutes.

Make sure to keep the knees together.

Hold for 5 breaths and then repeat on the other side.

10. Bring your feet just wider than hip-width apart and fold forward with a flat back.

Take your hands either to the floor or to your shins/thighs and inhale to take the spine to a halfway lift.

Exhale to fold forward.

Repeat 5 times.

11. Bend the knees and slowly roll up to stand.

12. Bring the arms out shoulder height and bend the elbows at 90 degrees.

Lift the hands up to meet above your head and then back down to that 90 degree bend.

Routine for hips and back

This short sequence is a wonderful & gentle way to increase circulation & improve the flexibility in your hips, glutes, lower back and legs - all areas of your body that can get tight and sore from sitting for long periods of time.

1. Squats x5 - one breath, one movement
 1. Stand behind the chair with feet hip width apart and bend into the knees, send the hips back. You can use the chair for support.
 2. Try not to stick your bum out, but rather tuck the pelvis under the hips
2. Hip circles 5x each way
 1. Place your hands on your hips with your feet hip-width apart
 2. Create circles with your hips, as big or small as you want, fast or slow. Circle in both directions.

Why we have pain from sitting too long

- Particularly in the lower back because of the body compressing onto the coccyx.
- You have thin discs of fluid between the vertebrae in the spine. When compressed, these discs are unable to properly protect the vertebrae from rubbing against each other.
- Blood flow to the legs isn't optimal and can give you numb legs and varicose veins.

Calming the mind for stress and anxiety: introduction to meditation

- On average we have about 50k thoughts a day
- We need to come back to the present because this is the only time we are actually living our life.
- We have "monkey minds" that never stop moving. We can't stop the thoughts but we can choose which thoughts to hold and which to let go of.
- We aren't responsible for our thoughts.

Meditation alters the structure of the brain

- You can literally rewire your brain to respond rather than react
- As you start to practise meditation and mindfulness, you begin to separate reactions from responses. We want to respond to situations, not blow up and take impulsive actions.

The meditation "formula"

3. Focus on a single thing - object, word, or the breath (most common).
4. Acknowledge thoughts that come and go
5. Allow the thoughts to dissipate (imagine them as clouds passing in a blue sky)
6. Refocus on the object.
7. Repeat

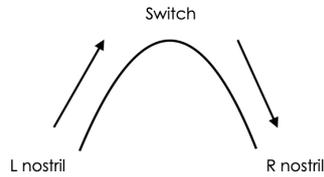
Benefits of meditation:

1. Better focus: boosts visuospatial processing, working memory and executive functioning.
2. Increased creativity.
3. Regulates mood - helping especially with anxiety and depression
4. Decreases psychological stress
5. Slows ageing by slowing the shortening of telomeres
6. Lowers blood pressure

And so many more...

BREATHING TECHNIQUE 2

Alternate nostril breathing



1. Place the index and middle fingers of your right hand between your brows
 - Use the ring/pinky finger to rest on the left nostril
 - Use the thumb to rest on the right nostril
2. Take 2 natural breaths through both nostrils
 - Close the right nostril
 - Inhale left (4 counts)
3. Release the right nostril, close the left
 - Exhale right (4 counts)
 - Inhale right (4)
4. Release the left nostril, close the right
 - Exhale left (4)

Repeat for 2 minutes or until calmer

Thank you for moving with me today - I hope you feel more relaxed and ready to tackle whatever comes next in your day!

Jess