

## Office Chair yoga stretch-2

It's great when one can escape to a full hour of yoga, be it in a class or at home in front of a video, but let's face it, that's not always possible. Enter Yoga in the Office, a series of simple but effective suggested positions to help stretch the wrists, neck, shoulders, back and legs.

After sitting for long hours in front of computer, or stuck in traffic for hours, one damage his back. Sitting for long duration in same fashion the spine and associated muscles get tired and weak and slowly one develops pain in this region. Practicing simple Chair postures, help in making spine flexible and muscles strong.

### **Backward bending:**

#### **Procedure:**

#### **A→ Involves the Upper limbs**

- ❖ Come forward and sit at the edge of the chair
- ❖ Have comfortable gap between the legs
- ❖ Making the spine straight
- ❖ Place both the hands at back and hold the side of chair
- ❖ Breathing out slowly make the shoulder to curve back
- ❖ Then slowly make the neck to go back
- ❖ Elbows should be completely extended

#### **B→ Involves the complete back (esp.lowerback)**

- ❖ Slowly make the lower back to push forward, or making stomach to push forward.
- ❖ Feel the inward movement of entire spine
- ❖ Hold the position for few seconds and repeat again

#### **Precautions:**

- ❖ Don't push your body back with force
- ❖ Breath out while stretching
- ❖ Adjust the position of hands according to once comfort
- ❖ Do the entire process slowly

#### **Benefits:**

- ❖ Excellent backward posture
- ❖ Prevent spine to damage
- ❖ Shoulders the stretched and relaxed
- ❖ The wrist get strength as entire weight come on them
- ❖ Elbows stiffness decreases
- ❖ Neck muscles get flexible
- ❖ Overall the entire lower back get benefit