

## Chair Yoga for Writers

1. *When stretching, always remember inhale up and exhale down.*
2. *Any sharp pains. Back off. Work with the body you have today.*
3. *Please check in with a health care practitioner if you experience any discomfort or pain while doing any of these stretches.*

**Eyes:** Release fatigue.

1. Clock Rotations – Clockwise & Counter Clockwise.
2. Rub Palms of Hands together for instant eye rejuvenation.

**Neck & Shoulders:** Release tension.

1. Ear to Shoulder: Hold up 3-5 breaths to fully relax into the pose.
2. Chin to Collarbone: Drop chin to chest pull shoulders down & away from ears. Weight in Elbows.
3. Shoulder Shrugs: Lift shoulders up towards ears, squeeze & release.
4. Picking Apples: Reach up and slowly pick apples.
5. Hands behind head: Fingers interlaced, elbows back & lift chest

**Hand & Wrist:** Promote Circulation

1. Prayer Position: Inhale press palms together, exhale, & release.
2. Prayer Position II: Keep palms together gently bend right/left.
3. Fists to Flowers: Inhale squeeze, exhale release.
4. Interlace Fingers: Stretch out in front, overhead & side-to-side.
5. Hula Hands.

**Face:** Release Jaw Tension

1. Lion Pose: Extra credit for sticking tongue out.
2. Pretend Chewing Gum
3. Soft smile like you know the secret to the universe!

**Feet & Ankles:** Increase Circulation

1. Point/Flex Feet: Great in Cars, Theaters, Airplanes, & Meetings.
2. Ankle Rotations: Left & Right (kick shoes off if possible).
3. Ballet: Inhale up on toes, pause, exhale slowly back to standing. Great to do holding onto bathroom or kitchen sink or back of chair for support.

**Chair Yoga:** Lower Back Stretches

1. Bend Forward: Chest to thighs, separate knees, be sure to do this one VERY slowly.
2. Ankle to opposite knee: Lean forward if NO DISCOMFORT.
3. Knee to chest: Bend leg bring foot up to edge of chair, squeeze knee to chest if absolutely NO PAIN.
4. Practice sitting on the edge of your chair without back support.

## Practicing Yoga All Day: Your Home as an Exercise Studio\*

*As you go about your daily routines, see if you can get creative and turn your home into an exercise studio. By incorporating mini stretches through out the day you will notice less stress and tension building up in your body. Feel free to use some of the ideas below as you look around your home for opportunities to stretch and breathe. Please remember to move gently and mindfully. If at any time, you experience any sharp pains, discomfort or dizziness PLEASE stop immediately. Be sure to always use a counter, a tabletop, or back of a chair for balance and additional support.*

**Kitchen:** Stand tall at your kitchen sink with both feet firmly on the floor. Slowly pour all your weight into your right leg and then slowly into your left leg. It's ok to gently sway from one side to the other.

**Microwave Yoga:** Tree Pose: Stand on one leg for 30 seconds to 1 minute using the microwave timer to track your time. Be sure to do both sides!

**Bathroom:** Use the sink for support when you brush your teeth by lifting one foot a few inches off the floor for 10-20 seconds then switch sides.

**Bed:** Elongate your body by pressing your heels toward the foot of your bed; curl the toes toward your face as you push your head towards the headboard. This is easier to do without pillows. Feel free to stretch arms in all directions and /or bring knee(s) up to chest for a knee hug or squeeze.

**Dining Room Table:** Sit on edge of chair. Elongate your spine. Push the crown of the head up towards sky & place weight in elbows. See *Chocolate Yoga* for Mindful Eating Tips.

**The Floor:** Sitting or crawling around on the floor is an incredible hip opener. Be sure to warn your human & animal friends so you don't startle them!

**Car Meditation:** Practice sitting in silence for 30-60 seconds before you start your car and do the same when you arrive at your destination.

*\* Please check in with a health care practitioner if you experience any discomfort or pain.*



## Sacred Writing Space

*Think of your desk area as a sacred writing space. It deserves to be treated as a special place. See what happens when you add a flower, a beautiful coffee or teacup, a rock from a recent beach walk, inspirational quotes, photos of people or animals that inspire you – use your imagination and don't be afraid to keep changing your desktop.*

**Rituals:** Do not underestimate the power of doing a ritual before you start writing. Beware falling into Internet surfing – if you do – keep it short. Setting a timer for any task – including writing is a great way to stay focused.

**Chair:** Make sure you have a comfortable desk chair. Experiment with a stand up writing desk. You don't need to buy anything fancy – a used kitchen counter set up on filing cabinets with wooden blocks works great! A stool can often add more sitting and stretching options.

**Writers Block:** Do one of the exercises that we practiced today.

**Water:** Most of us are dehydrated and sipping water as you write is a great refresher. It will also help remind you to take regular bathroom breaks. Remember that the bathroom is a great place to work in some stretches, brush your teeth, do lion's pose or just make funny faces in the mirror. Sing the "happy birthday" song while your wash your hands – it is a great way to keep healthy.

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## Ten Great Stress Busters

1. **Stress Balls:** Inhale. Make Fists. Pause. Exhale. Release Fists. Repeat.
2. **Sitting Kills:** Get up. Move around. Stand up. Stretch. Jump up and down. Wiggle. Dance. Even if only for a few seconds. Make it a new habit.
3. **Lions Pose:** Do a big HA – stick tongue out. Best to do in the bathroom. Three times is an absolute charm!
4. **Bathroom Mirror:** Jump up and down, wiggle, shake = get outrageous – its just you and the mirror.
5. **Walking Tall:** When ever you are out walking or even walking from your bedroom to the kitchen. See if you pull your shoulders away from your ears and at the same time push the sky up with the top of your head.
6. **Mother Nature:** (also known as taking a cigarette-less break!): Go outside or open a window. Take several long deep breaths.
7. **The power of ONE:** Just do one thing or one task at a time. This includes looking away from your computer screen, book or newspaper as you take a sip of coffee or tea.
8. **Giving:** Do something thoughtful for someone else: make a phone call, send an email or write a handwritten note to someone you've been thinking about.
9. **Do absolutely NOTHING:** See if you can do this for one minute and maybe work up to three minutes. This is like an instant shower and you will be rewarded with an insight or maybe a flash on where you put that invoice! If you need an assistant – find a cat or dog to be your practice buddy!
10. **SMILE:** This is an amazing technique – it works with friends, family, coworkers, strangers in the supermarket and even on the telephone!

***REMEMBER: IF YOU DON'T LIVE YOUR LIFE, WHO WILL?***