

YOGA

Eight seated yoga positions to improve your commute

1.



Choo-Choo!

From seated position place your hands on your ribs. Turn on your nourishing breath. Inhale, expand your ribs and fill up the lungs. As you exhale, pull your belly in to expel used air.

5.



Onward Journey

From seated or standing position, inhale and expand your ribs.

As you exhale, relax your neck towards your right shoulder allowing the weight of your head to stretch into side of neck. With every exhale create space between your upper and lower teeth. Breathe here for 5 - 10 breathes and feel the tension release from the side of neck.

To come out, place your right hand at the right side of the neck. Inhale lift the head up and

2.



Aisle Twist

Sit with your feet planted firmly on the floor, hip distance apart.

Place your left hand onto your right knee and your right hand behind the pelvis, left thigh or grabbing a piece of clothing.

Take a very large breath in, lengthening through the spine and chest using the arms as leverage.

As you exhale, keep lifting and start to twist.

6.



Return Trip

To release the wrists, circle the hands clockwise and anti-clockwise with your breaths. Take 5 big breaths in each direction.

3.



Train Tracks

Reach your left arm and palm of the hand forward, turning fingers down towards the floor.

Hold the little finger on the left hand and pull it back so the whole hand is stretching back.

Inhale and expand your ribs.

Exhale, and pull your belly in feeling the stretch through your hands and forearm.

Take one deep breath into each finger as you

7.



Ticket Inspection

From seated or standing, breathe in to bring the right arm out at a 90 degree angle, moving your elbow away from the chest.

Exhale as you bring your left elbow over the right clasp hands.

Breathing into space in the upper back and ribs. Feel your breath in the back of the heart.

Take 5 nurturing breaths and repeat on the other side.

4.



Signal Post

From seated or standing position, hold your arms up parallel to each other. Bend the elbow at a right angle and align elbow directly in front of shoulders.

Inhale as you spread the upper back.

As you breathe out, send your shoulder blades towards your armpits and reach the elbows forward feeling your back and shoulder muscles turn on. As you do this keep soft in the jaw.

8.



Mind the Gap

To create space and balance in the lower back and hips sit up nice and tall, placing the feet hip distance apart. Start to ground down through your feet, keeping them flat on the floor and turn on your breathing.

Cross your right leg over the left at a 90 degree angle, keeping the foot flexed to protect the knee.

Maintain equal weight distributed between the sitting bones while staying in an upright seated position.

Feel the stretch on the outermost part of the right thigh.

Hold for 5 to 10 breaths before switching sides.