

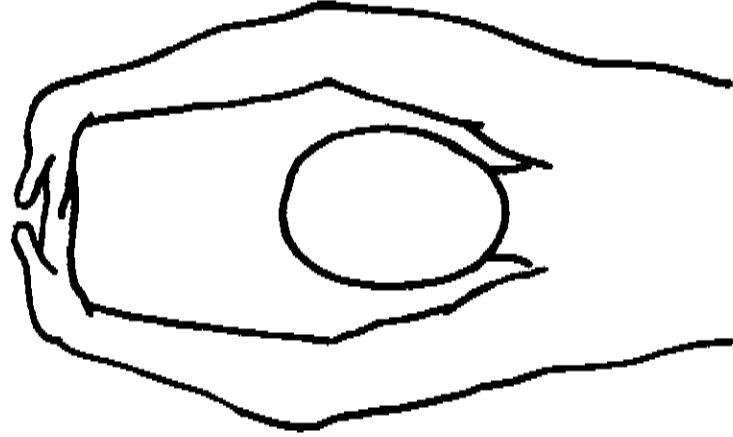
STRETCHES FOR THE OFFICE

Stretching is one of the most natural and effective ways to release tension from the body. Try these stretches at the office whenever you feel tension developing in your body. Do the stretches slowly and gently.

For each of the exercises shown below, stretch just to the point at which you feel a gentle pulling. Maintain this position for three deep breaths. Repeat three times.

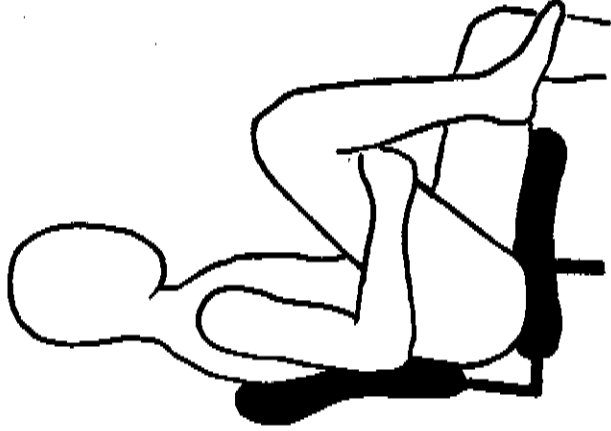
Tall Stretch

Designed to uncrumple your body after sitting for too long! Interlace your fingers and stretch palm up towards the ceiling, while only gently arching the back.



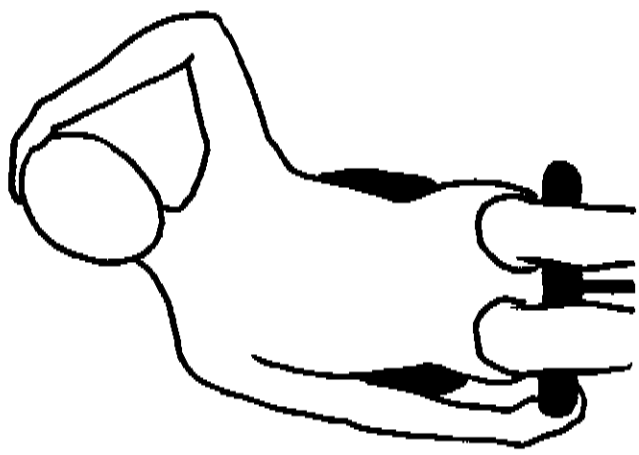
Sitter's Stretch

To stretch the back, buttocks and back of thighs pull the thigh gently into the chest and abdomen.



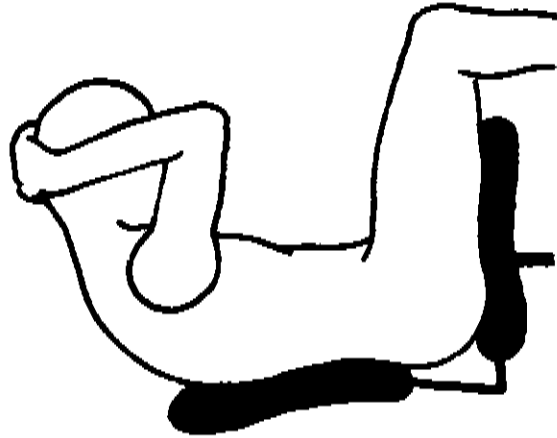
Receptionist's Stretch

To stretch the side of the neck anchor one shoulder by grasping the chair seat and then use the other hand to gently draw the head and neck towards the opposite shoulder.



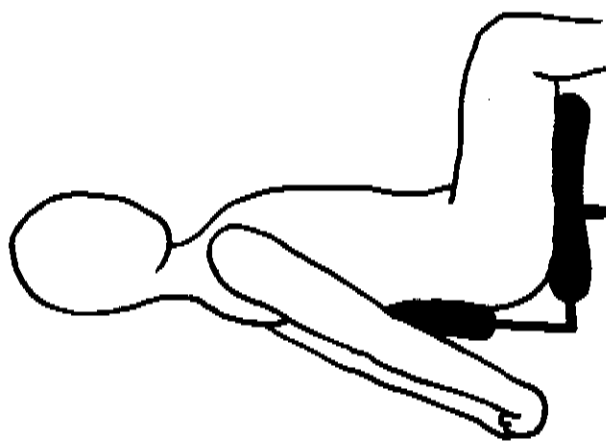
Keyboarder's Stretch

Stretch the back of the neck by gently drawing the head down towards the chest. Imagine the spine lengthening in a gentle arc as the neck stretches.



Paper Pusher's Stretch

To stretch the front of the shoulders and open up the chest interlace fingers behind yourself and stretch your hands back and upwards while expanding the chest!





Kundalini Yoga Exercise for Circulating Energy and Lymph

- 1) Lie on your back. Connect the little finger and thumb of each hand and extend both arms up pointing towards the ceiling. Criss-cross your arms back and forth across your chest keeping the elbows straight and your hands pointing upward. Coordinate the breath with the movement. Continue for 2 minutes. This exercise circulates the lymphatic fluid in the armpits, helping to cleanse the breasts.
- 2) Lay in the same position as in #1, but pull your knees up, so your thighs are perpendicular to the ground and your calves are parallel to the ground. Criss-cross your ankles over one another as you simultaneously move the arms as in the first exercise. Alternate which ankle is on top with each repetition. Coordinate the movement with the breath. Continue for 2 minutes.



- 3) Remain lying on your back with your arms and legs relaxed and your head on the floor. Turn your head from side to side rapidly as you breathe long and deep. This exercise circulates the lymphatic fluid in the neck area and increases the circulation to the thyroid gland.



- 4) Lying on your back, bring your knees to your chest; wrap your arms around your knees and lift your head up so that your nose is between your knees. Hold the position and do breath of fire powerfully. Continue for 1 minute. This exercise improves the circulation to the thyroid gland.



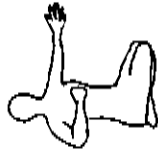
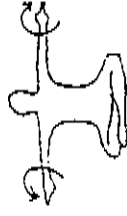
- 5) Turn over on your stomach with your forehead on the ground and beat your buttocks with your fists. Continue for 2 minutes. This exercise stimulates acupuncture points on the buttocks which help keep the reproductive organs balanced. It improves the energy flow in the bladder meridian which benefits all your organs.



Kundalini Yoga Exercise for the Lymphatic System and Healthy Breasts

This set of five exercises can be practiced daily (or at least four times weekly) to improve the lymphatic circulation to the breast area. As you do them, visualize your lymphatic and immune systems powerfully cleansing and protecting your breasts.

- 1) Sit in a chair or cross-legged and extend the arms out parallel to the ground with the elbows straight. Make the hands into fists with the middle finger extended. Begin circling the arms backwards. The movement should be tight and powerful. Continue for 3 minutes and then increase the speed for 1 more minute.
- 2) Sit cross-legged and join the hands in Venus lock (interlaced) behind the head. Like a grinding wheel, roll the total spine around on the hips in a counter-clockwise rotation by working the abdomen. Roll down to the bottom and around in a deep circular movement. Continue for 3 minutes.
- 3) Sit cross-legged and place your thumbs on the pads at the base of your little fingers. Extend your arms out parallel to the ground with the palms facing down. Alternately begin to raise one arm up to 60 degrees while the other arm goes down 60 degrees. Continue the motion quickly and powerfully for 3 minutes. Inhale as the left arm comes up; exhale as the right arm comes up.
- 4) Still in a cross-legged position sit with the arms parallel to the ground. Curl your fingers into fists, with the thumbs pointing up. Twist from side to side. Inhale as you twist to the left, exhale as you twist to the right. Continue for 1-2 minutes.
- 5) Sit on your heels. Make the hands into fists with the thumbs inside. Powerfully pull one arm back while the other extends forward. As each arm is extended its full length, the fingers open up as if they were grabbing something. They close quickly and then pull very powerfully toward the body. Inhale as each arm comes forward; exhale as you pull it back. Imagine you are pulling your future to you. Reach and grab it. Breathe powerfully in and out through your nose.



This is a composite group of exercises I have chosen specifically for breast health, taken from the teachings of Yogi Bhajan.