



BODY MIND YOGA
PERTH

2 minute computer spine release

The following short sequence is to be done sitting in a chair. It should only take about 2 minutes and it moves the spine in all directions – flexion, extension, lateral and twist.

If you work at a desk for many hours you could do this sequence every hour or so to keep your spine healthy. Plus breathing with the movements will relax your nervous system and oxygenate your body for better functioning of mind and body.

Sit to the front of your chair so your feet are flat on the floor and hip width apart

1. Breathe: Close your eyes for a moment and take a few conscious breaths into the belly. Breathe in and allow your belly to expand; breathe out and allow your body to soften and relax.

2. Flex and extend: Open your eyes and bring your arms out wide, level with the shoulders (if you have shoulder problems and this causes you pain, then place your hands on your thighs). Breathe in and gently take the arms back so your chest opens and you extend your spine. Breathe out and bring the arms forward, pull the tummy in, tuck your chin and flex the spine. Go back and forth between these two movements, letting your breath guide you.

3. Lateral bend: Have your arms beside you. Inhale and float the right arm up toward the ceiling; exhale and lean to the left, so the left hand moves towards the floor a little. Then swap sides – inhaling to the centre and floating one arm up; exhaling as you lean to the side. Alternate from side to side, moving with your breath.

4. Twist: sit with the spine comfortably straight. Place the right hand on the outside of the left knee and have the left hand behind you resting on the chair (somewhere near the left buttock) so you spine is gently twisting to the left. Hold this position as you slowly float your head from shoulder to shoulder as you breathe comfortably.....then swap sides.

5. Breathe: Rest in the centre with the eyes closed and take a few more breaths into the belly.

Another tip: if you sit at a desk a lot for work. Drink lots of water. Not only is water good for you but it means you will have to get up regularly to go to the toilet and even this small amount of movement will be beneficial.