

A top-down view of a desk with a silver laptop, a green plant, and a pencil. The laptop is open, and the keyboard is visible. A green plant with long, thin leaves is in the top left corner. A pencil is lying diagonally across the desk, partially under the laptop. The background is a plain, light-colored surface.

# Office Yoga

a collection of stretches

ASHTON GALLON



## REMINDER

You will never change your life until  
you change something you do day in  
and day out.



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Created by:

A.Gallon

500 E-RYT South Africa

[www.namastefit.co.za](http://www.namastefit.co.za)

Editor:

Zenobia Mouton

South Africa

Always do the warm-up exercises before attempting any individual exercises. It is recommended that you check with your doctor or healthcare professional before commencing any exercise regime. While every care has been taken in the preparation of this material, the publisher and their respective agents will not accept responsibility for the injury or damage occurred to any person as a result of participation in the activities described in this book.



## *Self-Practice = Success*

Dear Reader

This guide was created to help you develop a sense of self-practice. My intention was and still is to provide insight on some of the most commonly overlooked factors that lead to the lack of self-discipline as well as moving for one's own requirements. We are all different and require different forms of movement. There is no such thing as one size fits all.

The guide uncovers the body, mind and intellect, and reasons why the lack of self-practice is slowing down the movement process but also gives concrete ways to overcome this.

I hope you find the information useful and I wish you all the best in your self-practice journey.



*Best Regards  
Ashton Gallou*



# Contents

1

*Should You Do  
Yoga in the  
Office?*

- Here's why

2

*Productivity in  
Practice*

- Formula to a  
successful  
Workplace Routine



3

*Stretches*

- Stretching out your  
Arms
- Stretching out your  
Torso
- Stretching out your  
Legs
- Full Body Sequence



# 07 Should You Do Yoga in the Office?

“

Success is due to our stretching to the challenges of life. Failure comes when we shrink from them.

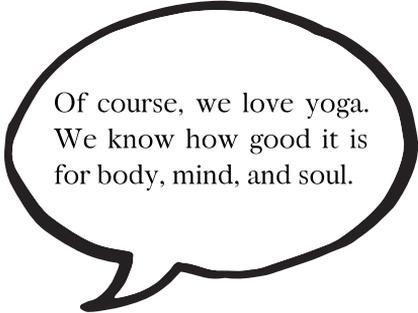
- John C. Maxwell

Yoga at work. Everyone's doing it – including Forbes, Apple, Google, Nike, and probably every pro sports team you can think of.

But why? And should you do yoga in your office?

Studies show that yoga at work brings a number of really important benefits. Some are personal to each employee, improving their overall health and happiness; as well as giving them the opportunity to learn something new and fit small on-the-yoga-mat achievements into their day.

But other benefits are valuable to the business as a whole.



Of course, we love yoga. We know how good it is for body, mind, and soul.



# *Here's why.*

## I. Yoga Protects Health at Work

Working in an office usually means sitting in one position for long periods of time. Sitting at a desk, in particular, is associated with several specific physical discomforts, including:

- Back pain, ranging from mild to chronic discomfort
- Muscle weakness
- Poor eye health
- Wrist pain or syndromes including Carpal Tunnel

Yoga helps to relieve physical discomfort. And crucially, it's an effective preventative tool to ensure that team members never have to experience work related discomfort at all.

As well as being very good for the people in question, this also adds value to the company. It means less sick days, higher productivity, and a more vibrant and energetic workforce.



## 2. Yoga helps to manage work fatigue

By now, everyone has heard that sitting is the new smoking—sitting for more than five hours at a time has a similar negative impact on health as smoking five packs of cigarettes.

Our bodies are made to be moving; we are not built to sit on chairs all day.

Extended periods of sitting also reduce productivity—making you more likely to stare absently into space than work.

Adding yoga stretches into the working day helps break up work hours, adds some vital movement and a change of perspective.

## *Here's why continued...*

### 3. Yoga is amazing for stress

What do people complain about most often when it comes to their office life?

Stress. It's estimated that stress is the reason for 90% of all visits to the doctor; and having high levels of stress can cause serious mental and physical health problems.

Stress at work is caused by many different factors; including pressure, dissatisfaction, and difficult relationships with colleagues.

Yoga is incredibly effective at reducing the experience of stress. It teaches actionable breathing and movement tools to manage stress in any moment.



### 4. Yoga boosts cognition and creativity

Researchers have found that yoga enhances cognitive abilities; improving concentration, memory, and creativity.

### 5. A positive work culture is good for everyone

It's a simple but effective way of supporting team members' health and well-being, and gives them a space to release difficult emotions within the workplace setting.

By accessing a more steady state of health and brain function, people feel more confident and engaged. More empathetic, and willing to accommodate the perspectives of those around them. And crucially, more relaxed.

# 02 Productivity in Practice



“

“Focus on being productive instead of busy.”

- Tim Ferriss

# Formula to a Successful Workplace Routine

Productivity in business is directly related to success.

And success is made up of three essential elements:

1. Concentration
2. Consistency
3. Cooperation

## I. Concentration

You gain concentration when your mind is with your action. The mind has a natural tendency to worry over the past and become anxious over the future. Therefore you need to focus your mind on the present work task.

Your task is to know when it's time to work and when it's time to take a break and stretch, thereafter get back to work - without falling prey to procrastination.

## 2. Consistency

To be consistent in what you do, day in and day out.

To direct your tasks towards an ideal (a goal to achieve), no task is better or less than the other, it all plays its part.

However consistency can be interrupted by the ramblings of the mind or the distractions of the mind.

Without being consistent you are depriving yourself from success.

## 3. Cooperation

It's difficult to be successful without the help of others. You cannot be successful without recognizing the contributions of many others towards your task.

Help and guidance is a key to success.

# 03

## Stretches



“

“The beginning is always NOW.”

— Roy T. Bennett

# Stretching out your Arms



Triceps Stretch



Overhead Side Reach



Overhead Stretch



Shoulder Stretch

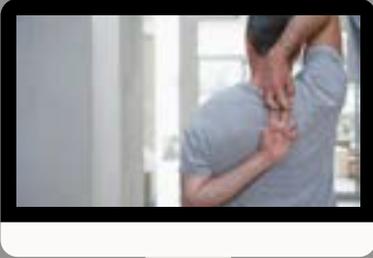


Forward Arm & Wrist Stretch

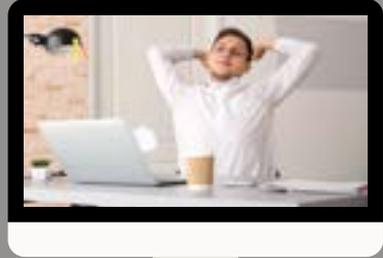


Arm Outward Reach Stretch

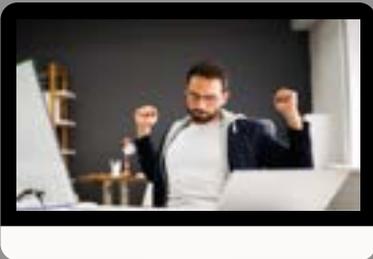
# *Stretching out your Torso*



Pectoralis Stretch



Supported Backbend



Squeeze Shoulder  
Blades



Seated Twist

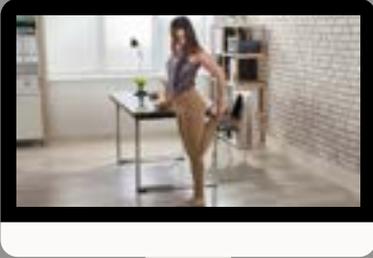


Standing Twist



Standing Side Reach

# Stretching out your Legs



Quad Stretch



Seated Glute Stretch



Leaning Lunge



Hamstring Stretch



Standing Forward  
Fold



Seated Forward Fold

# Full Body Sequence



1. Overhead Stretch



2. Supported Backbend



3. Seated Forward Bend



4. Seated Twist



5. Seated Glute Stretch



6. Knee to Chest



7. Traps Stretch



8. Overhead Side Reach



9. Standing Squeeze Shoulder Blades



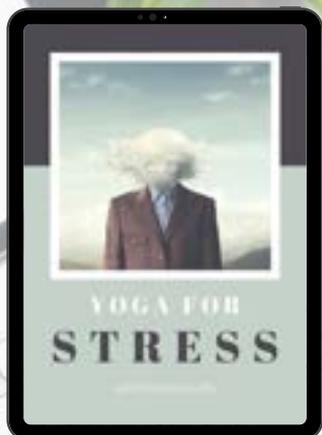
10. Upper Back Stretch



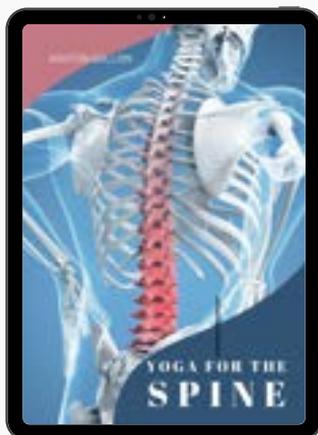
11. Leaning Lunge

AT LEAST 45 SECONDS  
EACH SIDE

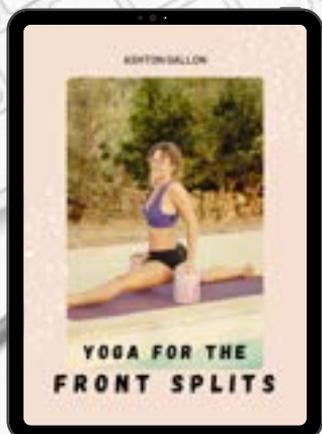
# Other Workbooks



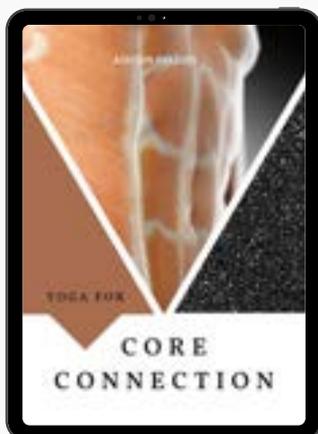
START



START



START



START

# Launching 2023!