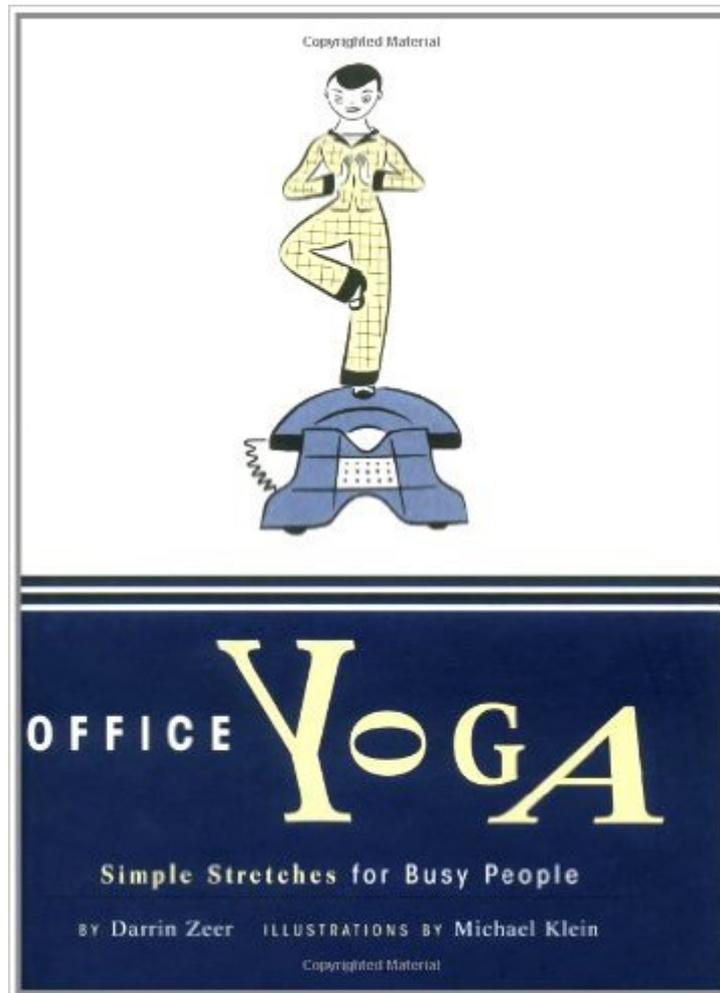


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# Office Yoga: Simple Stretches For Busy People



## Synopsis

Yoga has gone completely mainstream. Sensible people everywhere are saying "Om" and doing postures once a week. Enter the world's easiest yoga book for the place we need it most: work! Renowned teacher Darrin Zeer brings this ancient Indian art to the modern-day office with a fully illustrated, easy-to-use guide offering 75 stress-relieving stretches perfect for the cube environment. Unlike most yoga guides, Office Yoga offers a fun, accessible approach and is useful for both beginners and experts. Exercises are organized by time of day and for a variety of situationsâ "waking stretches, commute exercises, on-the-phone and at-the-copy machine stretches. Humorous and colorful illustrations by Michael Klein enliven exercises that can be performed anywhere from the elevator to the conference room. This handy little book will fit nicely on any desktop, and makes a great gift for the workaholic in your life.

## Book Information

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Average Customer Review: 4.4 out of 5 starsÂ Â See all reviewsÂ (33 customer reviews)

Best Sellers Rank: #641,433 in Books (See Top 100 in Books) #81 inÂ Books > Health, Fitness & Dieting > Exercise & Fitness > Stretching #1647 inÂ Books > Health, Fitness & Dieting > Exercise & Fitness > Yoga #51235 inÂ Books > Teens

## Customer Reviews

I just bought this book and I love it. The style is simple and easy to use. Each page has a clear, concise yoga tip, and the inspirational quotes sprinkled throughout are a wonderful compliment to the highly practical content. One of the best things about this book is that it is elegant--a finely crafted hardbound book with unique illustrations and a small cozy size that feels fun to hold. The book can be easily tucked away anywhere in the office, or toted along in a briefcase or knapsack. This would make a perfect pick-me-up gift for a friend or office co-worker. "Office Yoga" would be just the thing to include in a stress relief care basket.

The first time you open and use Darrin Zeer's "Office Yoga" this book will earn spot on your desk top. You will want to keep it where you can grab it easily. It's as entertaining and fun to read as it is helpful. Turn to any page and you'll find ways to quickly relieve stress and ease muscle tightness by breathing deeply and stretching your muscles -- as you sit or stand at your desk! If your legs, back, neck or shoulders feel cramped or sore at the end of your office workday, Office Yoga will teach you to use the free minutes here and there to stretch and relax while you work. Whether you're a couch potato or a gym rat or somewhere in between -- Office Yoga will help keep the knots out of your muscles.

Okay, this book is exactly what the title says: SIMPLE. However, that doesn't necessarily detract from its worth. It's a small volume, about 93 pages, and about 6" X 5". In my opinion, it's the perfect size for busy office workers who already have cluttered desks! It's fun to hold, easy to carry around, and includes cute illustrations. A lot of the names of the stretches are fun and creative, such as "Close the Deal warrior pose" and "Late Client Stretch." Besides the easy stretches, which range from stretches for your fingers, wrists, hands and upper back to stretches for your legs, ankles, etc., there are other nice features, including a couple of stretches you can do in bed right after you wake up, and evening relaxers so that you can transition from your hard day at the office to a relaxing evening at home. Some other features of the book include little reminders that we all know but don't often think about, such as taking a break and walking around outside, practicing lovingkindness, keeping our desks organized, drinking lots of water, making our meals a meditation, etc. In addition, there are plenty of nice, positive quotes strewn throughout the pages. This is not the most detailed book, or the most comprehensive, but I personally find it very useful in its simplicity and user-friendliness.

From the second I saw this book, I loved it! I have been looking for an office yoga book forever, and I was immediately drawn to the great art. I practice Ashtanga yoga a few times a week at a local studio, but can't always remember all the postures on my off-days. Many of them are right in the book--Such a quick, easy reference! And I love the stress break notes. They remind me to RELAX and enjoy the day!

My previous office had desks that adjusted up and down (you could stand if you wanted to.) The bank and post office were also a 5 minute walk down the hill so I got some fresh air during the day many times. That was real luxury. Now I have a regular cubicle and the office is the only thing

around for miles (hello, Dilbert.) At the end of the day I was surprised how sore and tired I was. This did not make sense, as I certainly was not doing any physical labor. The lack of movement turned out to be the source of the problem. The comfy chair just tempts me to sit and not move around. There's an exercise room, but who wants to change into shorts and a tee to get a breather? Not me. So this book turned out to be rather helpful. In addition to stretches for fingers, wrists, hands and back, there are ones for the legs too. I find my hips get sore, and this helps a lot to do some simple stretching. The book is a nice, small format that you can hide in a drawer or leave on the desk without it taking up a lot of room. There are some helpful hints, such as taking a break and walking outside if possible and drinking lots of water. Now I make sure NOT to eat my lunch in my cubicle, and I make water breaks to refill my mug and take a stroll now and then. It helps a lot at the end of the day.

Sometimes, I'll come across a little book that will surprise you . . . such was the case with OFFICE YOGA by Darrin Zeer . . . though only 93 pages (in a smallish 4.5 x 6 binding), it nevertheless contained many useful techniques that make it the perfect desk accessory for busy professionals. I also liked the accompanying illustrations by Michael Klein . . . they made it easy to follow Zeer's advice. Among the ideas that caught my attention were the following: \* Red Light Rejuvenation This also works on planes and trains. Sit back, relax, and gently roll your head in circles. Shrug your shoulders up and down, breathing in rhythm as you do. \* Antidote for road rage Stop-and-go traffic make you nuts? Loosen up your windpipes and sing your favorite song. Imitate an opera singer and come from your belly with the sound. \* E-mail meditation While you are reading your e-mail, remember to breathe slowly and focus your attention on your breath. Make the out-breath two times longer than the in-breath. This will immediately calm you.

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