



**You are Know a Desktop Yogi.
Embrace, breath, be, live happy healthy lives.**

**Use these exercises at your desk to help alleviate
the strain of working at the computer.**

Breath

Breath inhale and exhale should be deep and slow.

- Inhale and Count slowly: 1, 2, 3....
- Exhale and Count slowly: 1, 2, 3...
- Increase counts as you get stronger
- Don't rush
- Be patient no matter how slow, shallow or deep your breath presents itself
- Start again

Awareness

*Yoga practice provides the time and space to experience the sensations of the body,
and to interpret them.*

- Is the breath short ?
- Are the muscles tense?
- Where is the mind running?
- Can I hear my breath?
- Can I feel my breath?

Carpel Tunnel Syndrome

Signs of CTS (Carpel Tunnel Syndrome) aware of on a REGULAR basis:

- Tingling, numbness and weakness in the fingers and thumb.
- Pain from the hand up into the shoulder.
- Tingling or numbness in the hand and fingers at night, which disturbs sleep.

*The onset of CTS can be slow or sudden; gone too long without attention may cause
PERMANENT nerve damage!*

Resources

- www.mydailyyoga.com
- *Yoga, The Path to Holistic Health*, Iyengar, B.K.S. (Dorling Kindersley, Great Britain, 2001)
- *Conquering Carpal Tunnel Syndrome*, Butler, Sharon J. (New Harbinger Publications, Oakland, Ca. 1996)
- *Dr. Pascarelli's Complete Guide to Repetitive Strain Injury: What you need to know about RSI and Carpal Tunnel Injury*, Pascarelli, Emil, M.D. (John Wiley & Sons)