



## Yoga For Computer Users (Paperback)

By Sandy Blaine

Shambhala Publications Inc, United States, 2012. Paperback. Condition: New. Language: English . Brand New Book. An ever-increasing number of people depend on computers for both work and entertainment, which means an ever-increasing number of hours spent slumped in a chair--and an ever-increasing number of hand, wrist, neck, and shoulder injuries. Yoga for Computer Users offers a new kind of preventive self-care. It contains twenty-three illustrated poses and exercises, plus breathing and relaxation techniques, that increase circulation and range of motion, prevent injuries to the upper body, improve posture, and avert energy stagnation. They can be performed regardless of age or yoga experience and are combined in sequences ranging from quick five-minute stretching breaks that can be done while at the computer to more intensive thirty-minute sessions designed for morning energy and evening relaxation. A special Everyday Yoga section presents lifestyle tips that help readers learn to alternate mouse hands, strengthen their core, stretch throughout the day, and schedule time for joy.



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