



# OFFICE YOGA

Manipura Sequence





**Manipura chakra is responsible for strength and willpower.**

Practicing these yoga asanas, you will activate Manipura and get better confidence, determination and self-esteem.





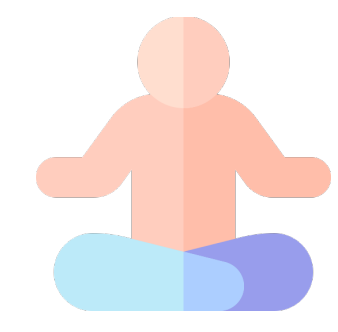
# Plank pose

## PHALAKASANA

### Benefits:



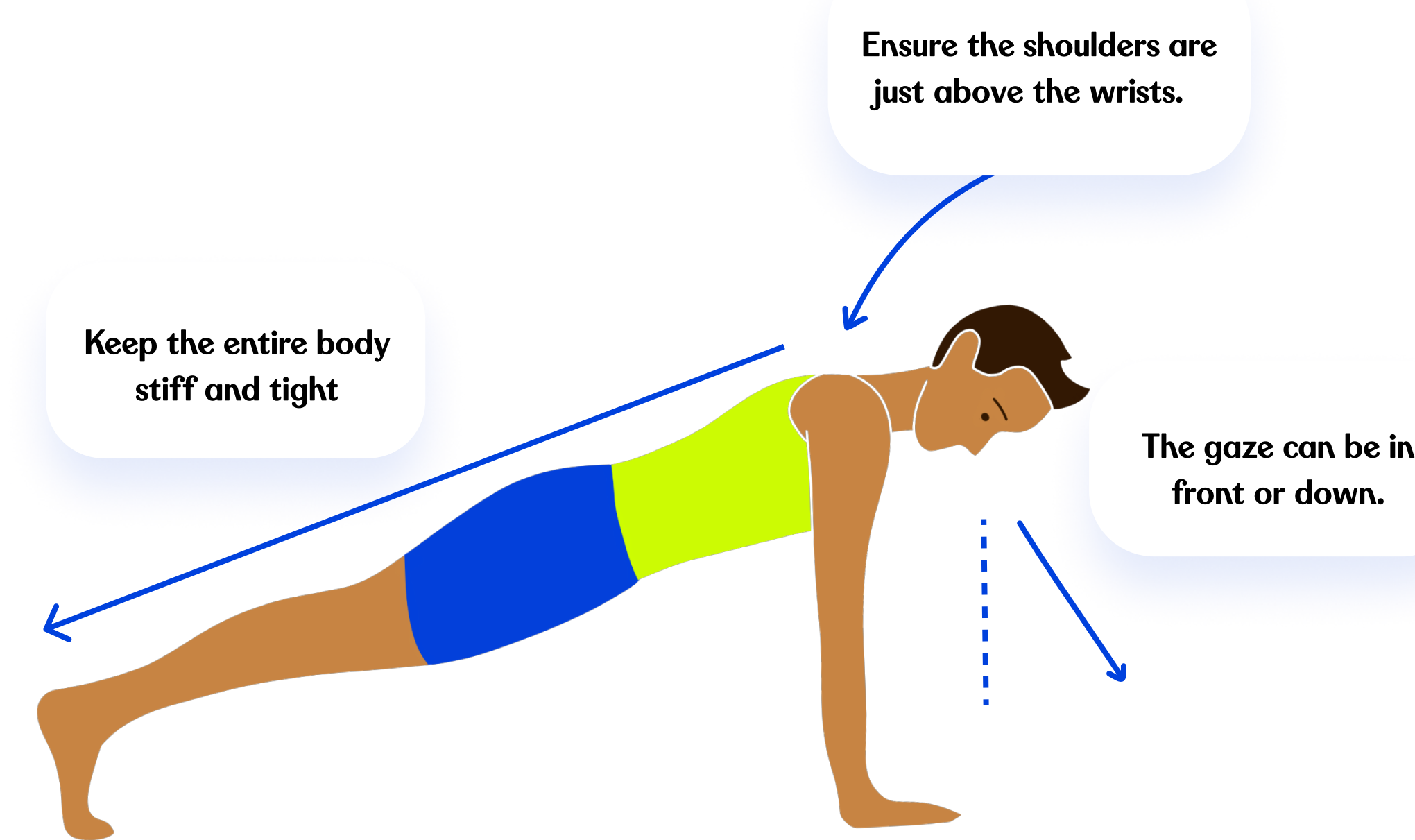
The Plank pose strengthens your arms, shoulders, and wrists. It is ideal for abdominal muscles as it engages all major core muscle groups.



This pose also strengthens your back muscles, providing more support and stability for your entire back, which in turn improves your posture.



Plank pose requires serious concentration and can be challenging in the initial stages. However, it helps in building mental strength and concentration.

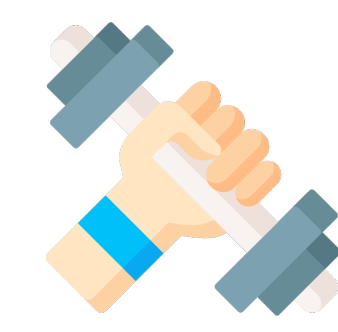


Remain for 5 breaths and slowly watch the body with breathing, making sure the torso does not become loose and light.

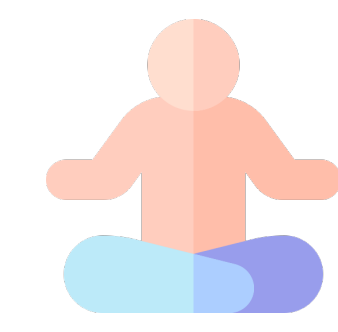
# Four Limbed Staff Pose

## CHATURANGA DANDASANA

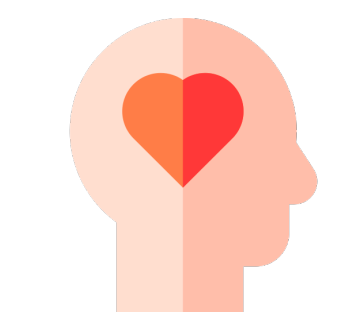
### Benefits:



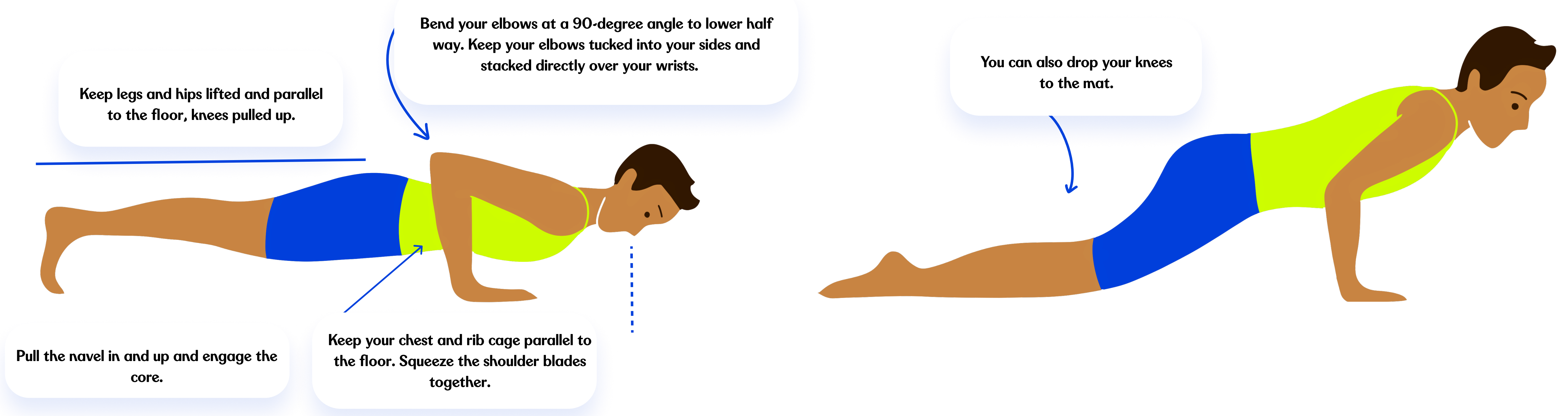
Chaturanga Dandasana builds strength in your forearms, arms, and wrists.



It enhances core and back muscle strength, which can help reduce back pain. This pose also aids in maintaining a straight posture.

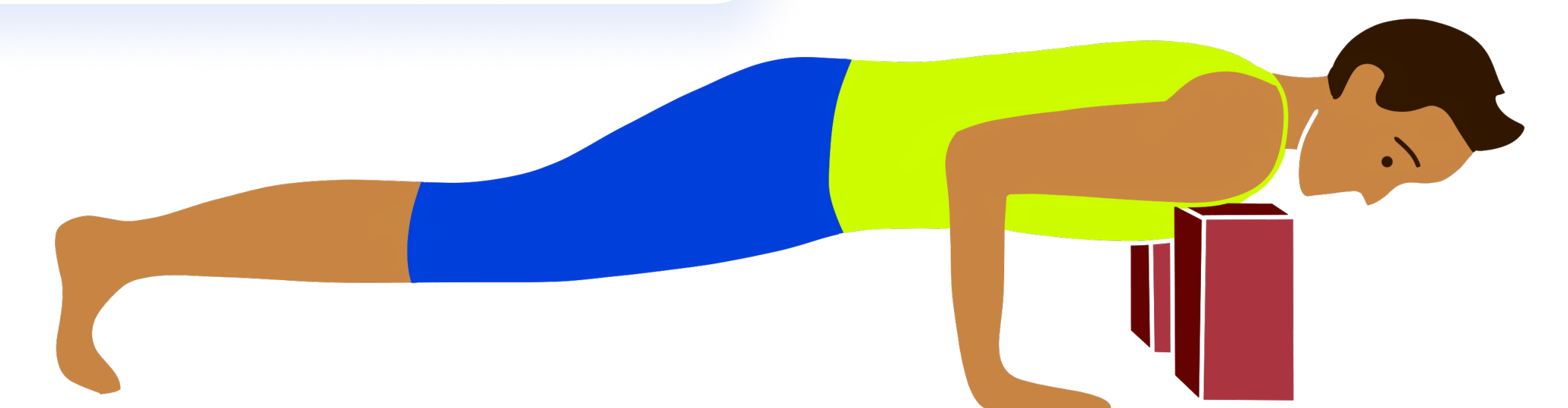


Additionally, it may help to reduce stress and fatigue, and improve mood.



Stay for 5 breaths.

You can use a block underneath your chest or 2 blocks underneath your shoulders to support the pose.





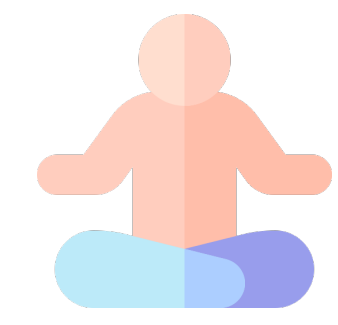
# Celibate Pose prep

## BRAHMACHARYASANA

### Benefits:



Brahmacharyasana helps to tone and strengthen the abdominal muscles.

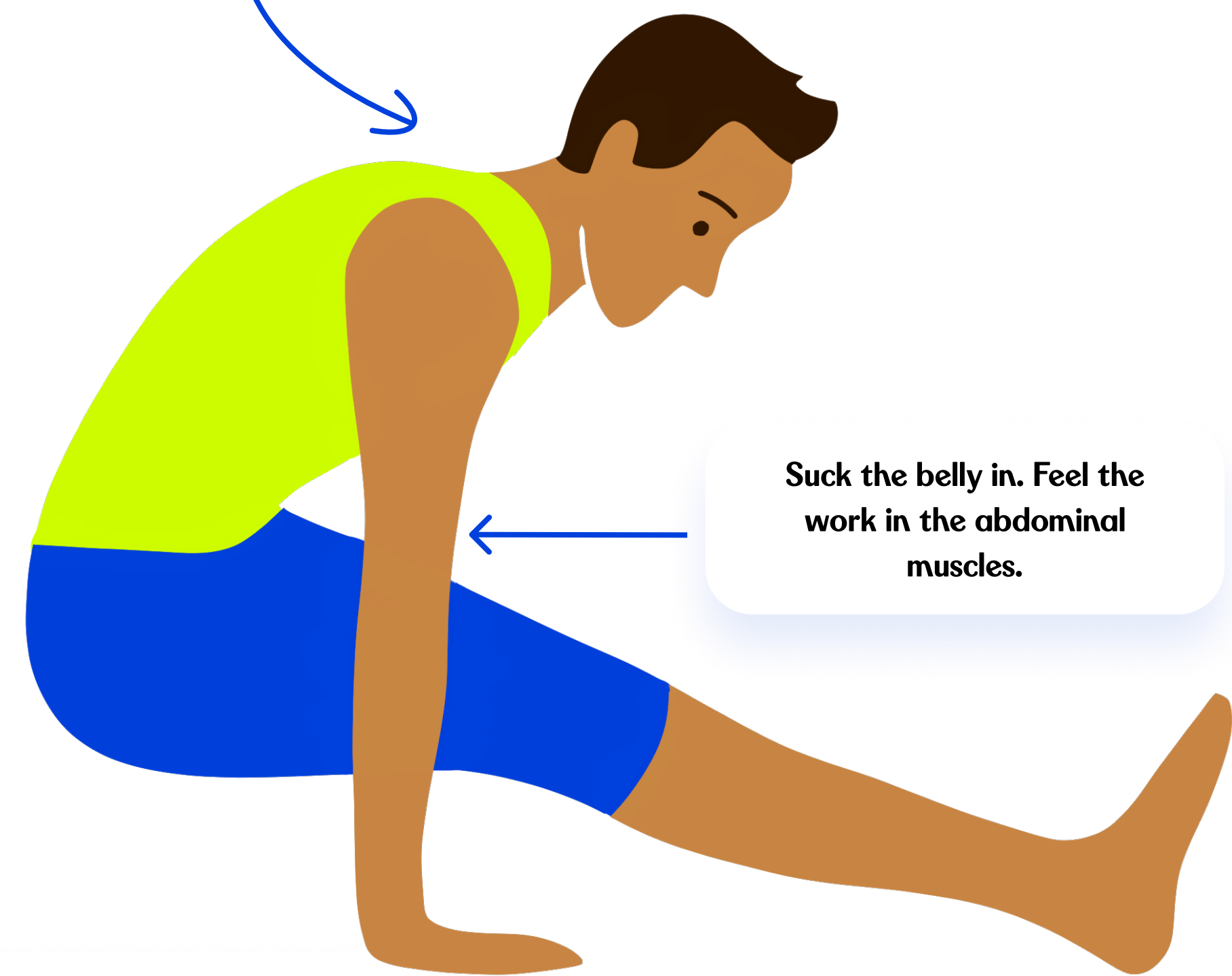


This asana also strengthens the arms and shoulders.



Regular practice of Brahmacharyasana can improve digestive health. Additionally, it relieves stress and anxiety and enhances sexual health.

Bring the shoulders forward.



Suck the belly in. Feel the work in the abdominal muscles.

Straighten your legs or you can leave them slightly bent.

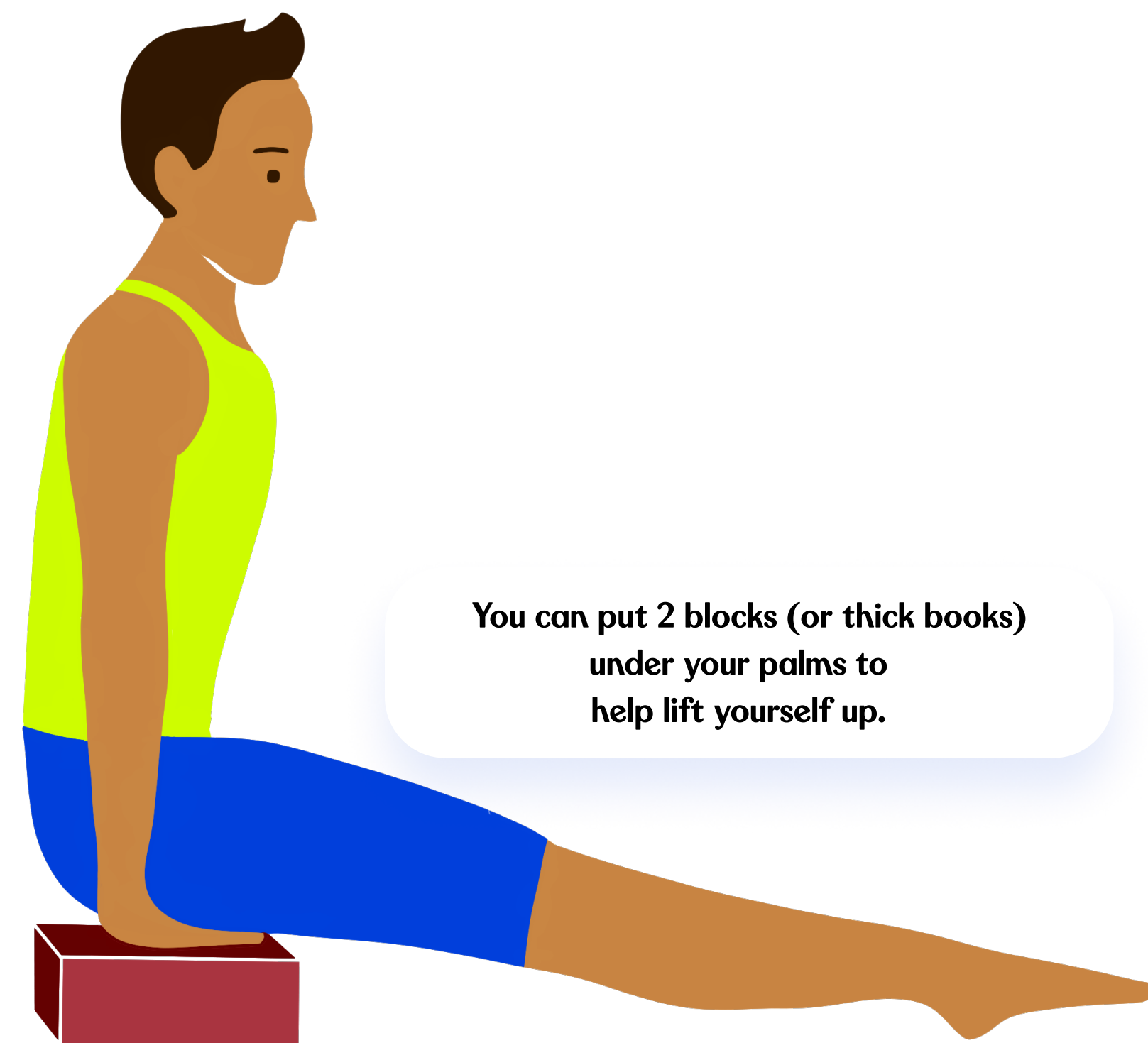
Palms are directly on each side of your hips, as close to your body as possible. Fingers pointing forward.

Repeat 5 times and then hold for 5 breaths.

Press into your palms, and start to tilt the torso slightly forward.

Inhale - push into your hands and lift your hips up.

Exhale - lower the hips down.

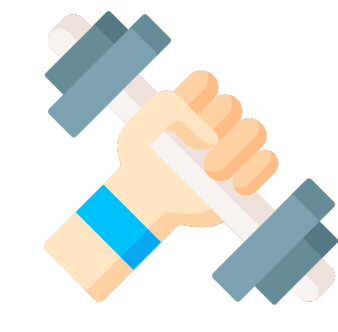


You can put 2 blocks (or thick books) under your palms to help lift yourself up.

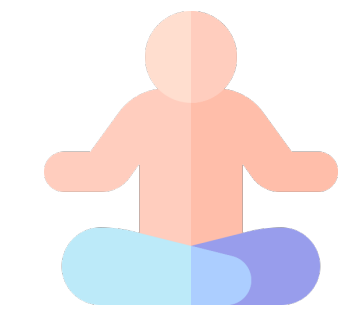
# Easy Boat Pose

## SAHAJA NAVASANA

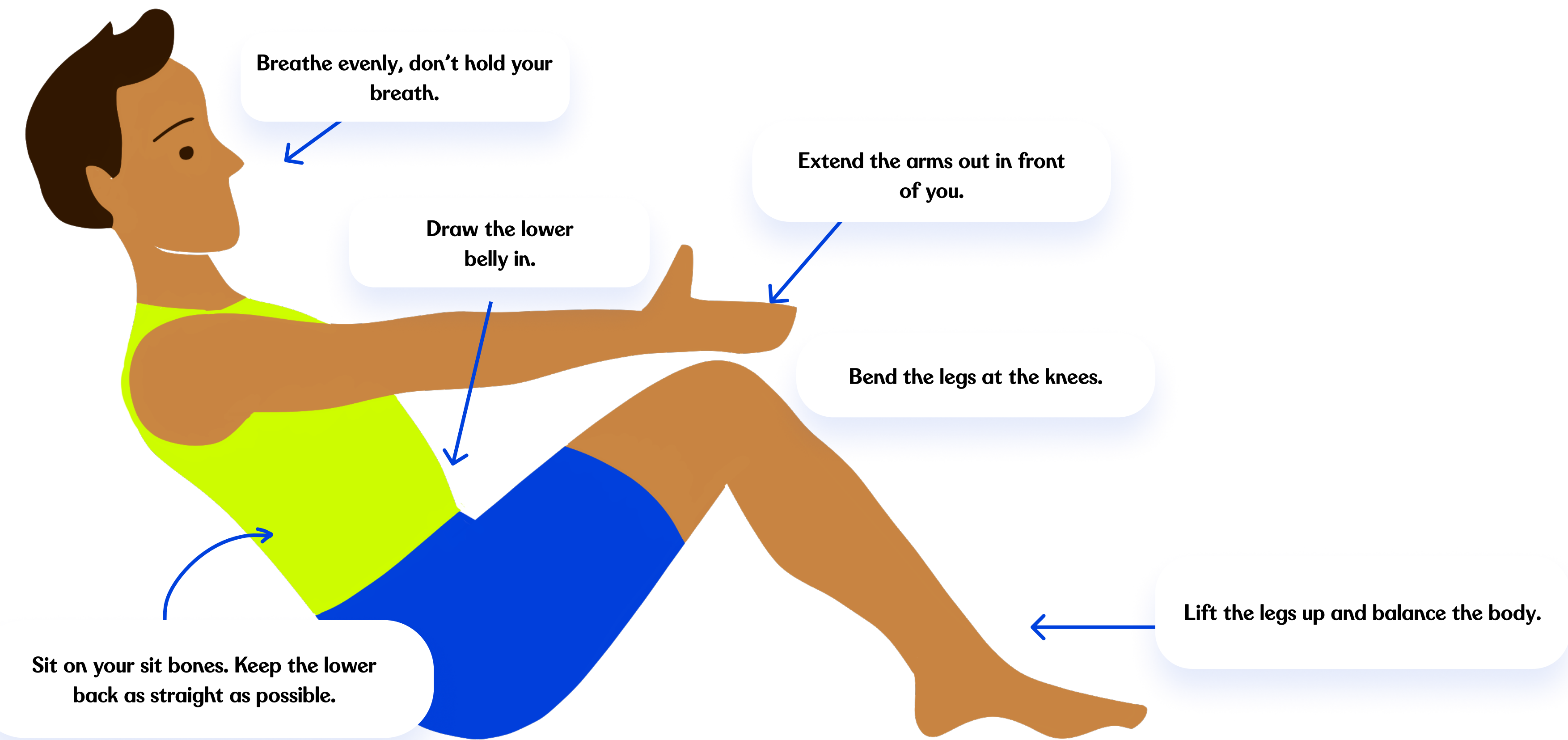
### Benefits:



Navasana and Ardha Navasana poses build focus and body awareness.



They improve posture and counteract the effects of prolonged sitting and doing computer work by strengthening your core and thighs.



Breathe evenly, don't hold your breath.

Draw the lower belly in.

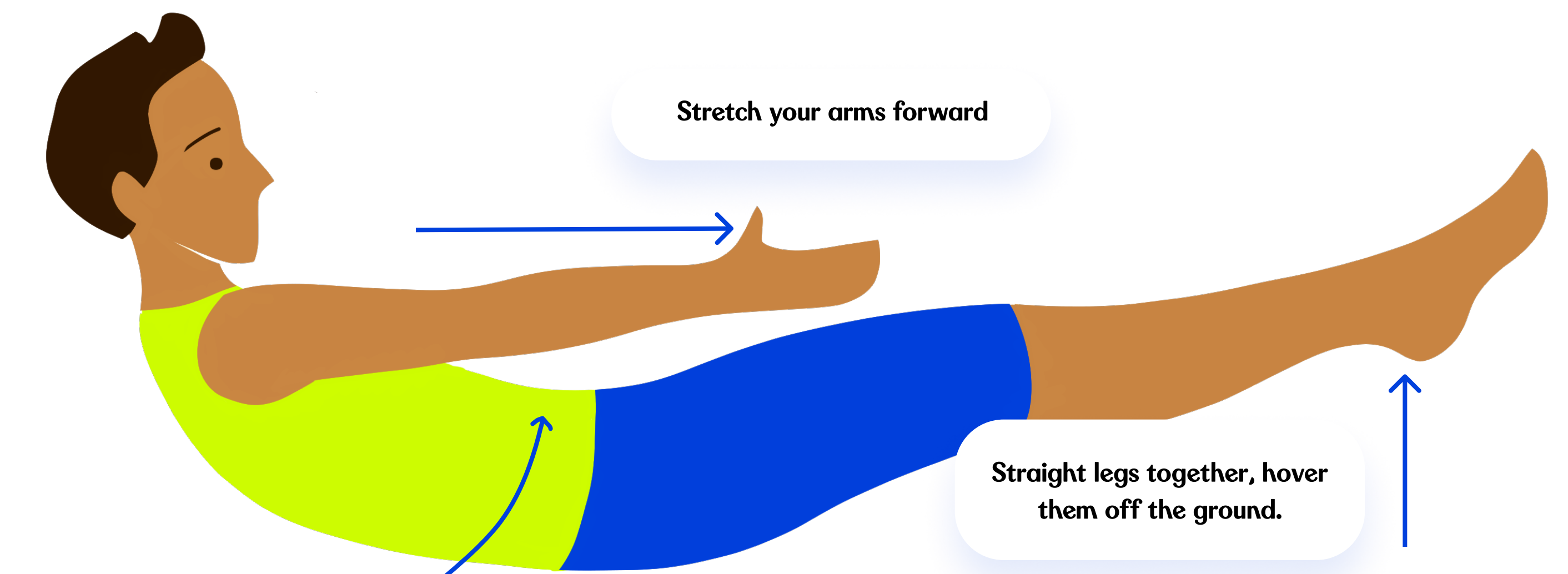
Extend the arms out in front of you.

Bend the legs at the knees.

Sit on your sit bones. Keep the lower back as straight as possible.

Lift the legs up and balance the body.

Stay for 5 breaths.



Stretch your arms forward

Straight legs together, hover them off the ground.

Pull the belly to engage the abdominal muscles and the core muscles and remain in balance.

Tighten the hips and quads to support the hips and pelvis. Hold this position.

Stay for 5 breaths.

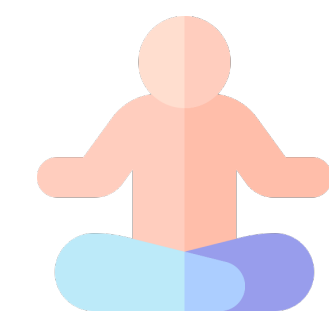


# Half Lord of the Fishes Pose Variation Hand Down

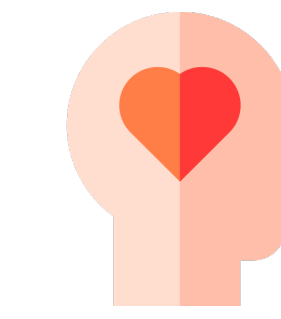
## Benefits:



Increases spinal rotation, boosts blood flow to the discs, and builds strength and flexibility in the erector spinae muscles, the tiny muscles that support the spine.



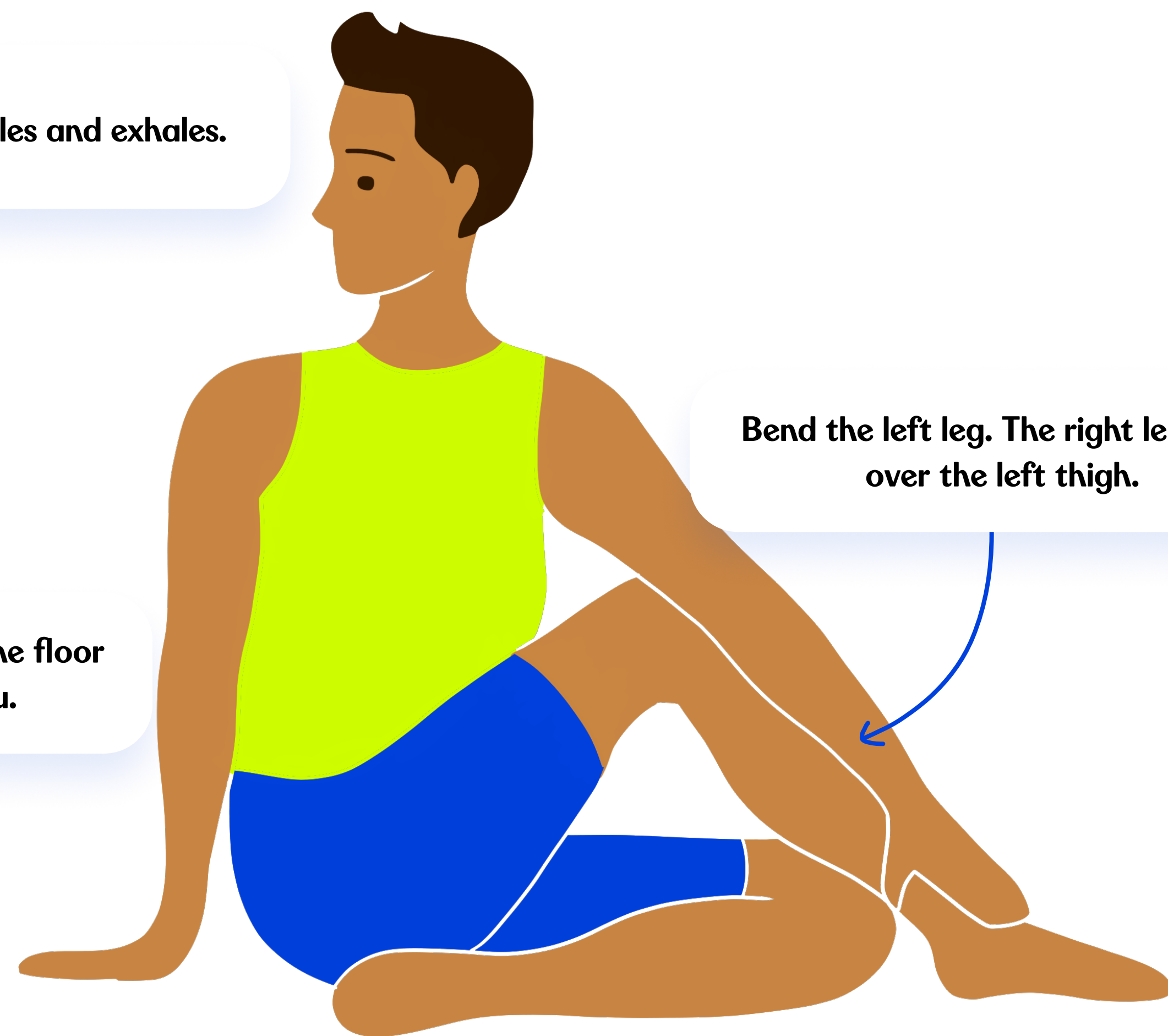
This asana stretches your outer hips and thighs, and open your shoulders and chest.



In this asana, everything within the torso, including the stomach, intestines, and kidney, receives a gentle squeeze, which can aid digestion and elimination.

Deep inhales and exhales.

Right hand on the floor behind you.

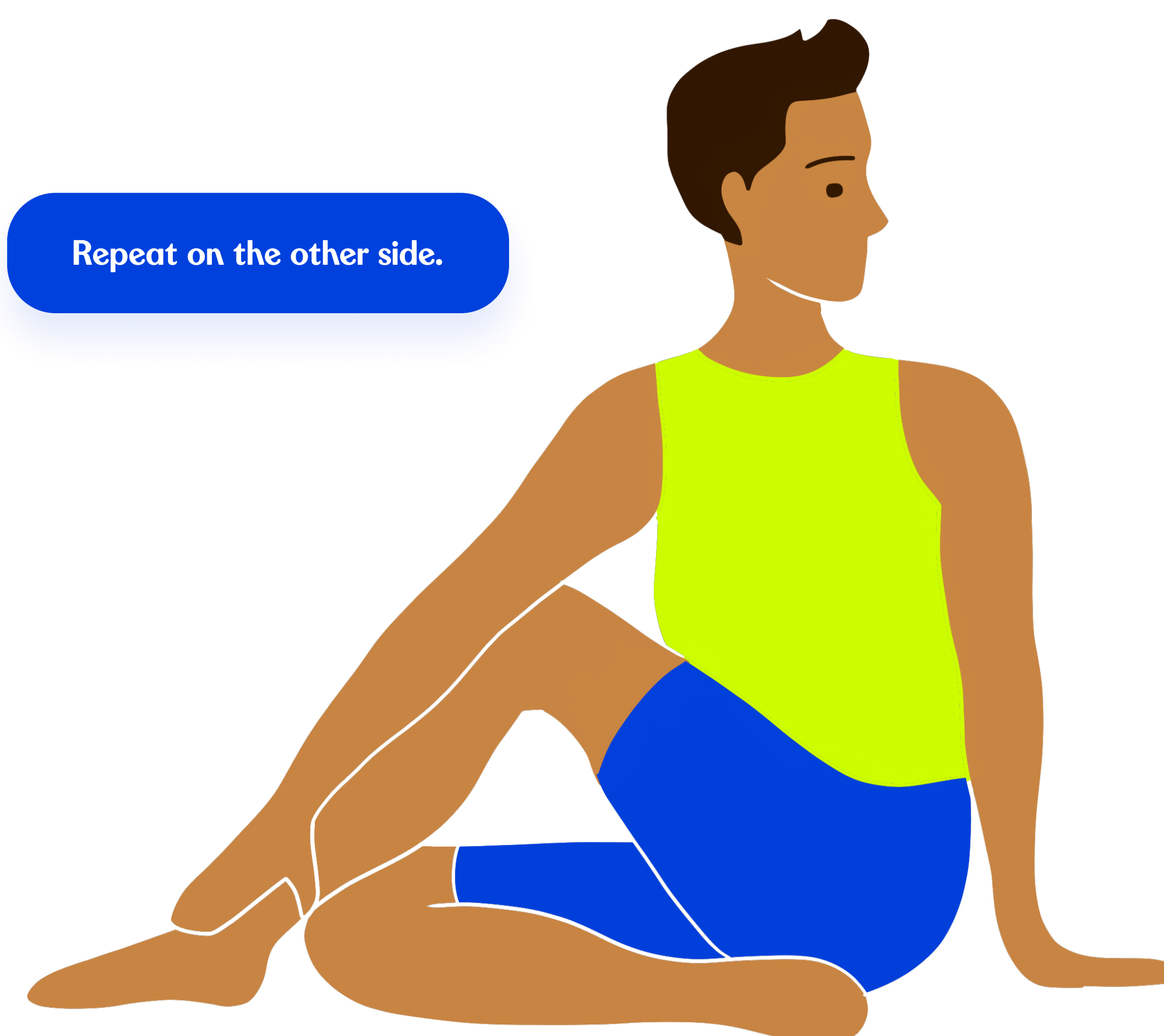


Bend the left leg. The right leg goes over the left thigh.

Make sure you are sitting evenly on both sitting bones.

Grab the right thigh with your left arm. Exhale and twist to the right. Turn your head to the right, looking past your right shoulder.

Repeat on the other side.



If one of your sitting bones is not on the floor, sit on a cushion or a blanket.



This will allow you to ground through both sitting bones and lengthen your spine. Keeping the spine long is your main focus in this pose.

Stay in each position for 5 breath cycles.