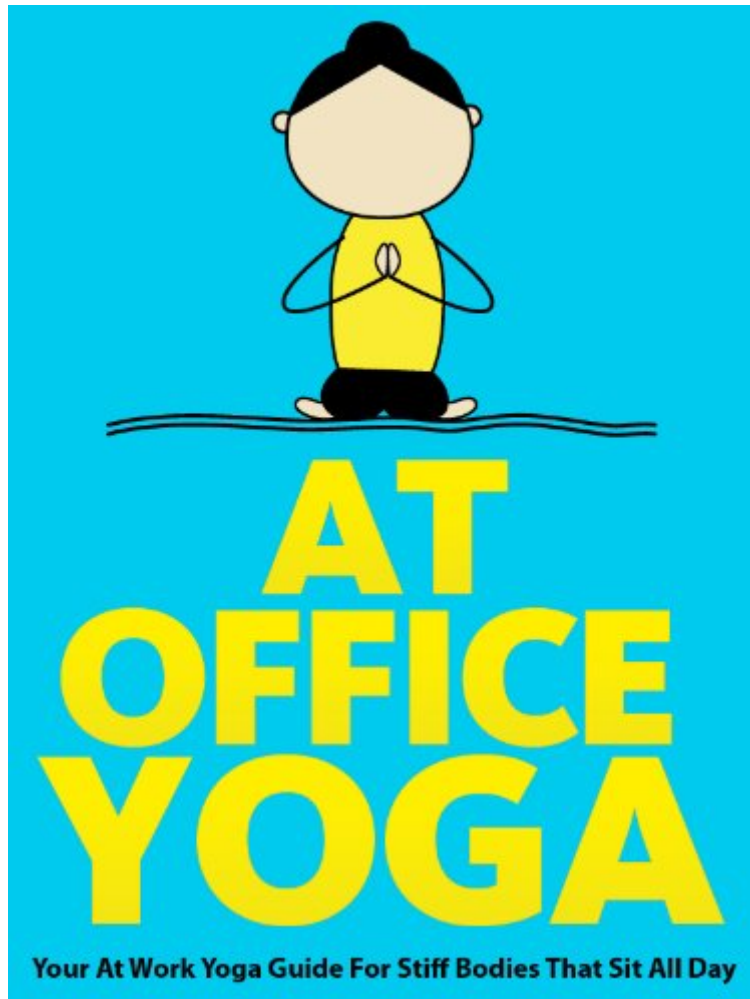


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# At Office Yoga: Your At Work Yoga Guide For Stiff Bodies That Sit All Day (Just Do Yoga Book 7)



## Synopsis

You work hard all day! Don't you deserve a break? Recent studies have proven that sitting for extended periods of time throughout the work day is more than just uncomfortable and boring, it is detrimental to your health! To help combat dangerous side effects of sedentary lifestyles, like obesity, heart disease, depression, and diabetes, you need to move throughout your day -- a lot! At Office Yoga: Your At Work Yoga Guide For Stiff Bodies That Sit All Day shows you how simple doing yoga at work (and before and after) really can be. And it's so good for you too! Practicing yoga throughout the work day will: Increase MetabolismImprove PosturePrevent and Manage Carpal Tunnel SyndromeDecrease Stress and MoodinessBoost Energy and ProductivityHelp You Feel Comfortable, Confident, and Awesome! Julie Schoen, professional yoga teacher based in New Mexico, guides you through three carefully crafted yoga sequences that are designed specifically to help keep you in tip top shape both mentally and physically while at work. The 7th installment of her popular Just Do Yoga series, Schoen's humor, detailed instruction, and beautiful color photographs make this yoga guide one you will return to again and again, beginners to advanced yogis welcome! Make The Best Of Your Work Day Today -- Buy At Office Yoga Now!

## Book Information

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## Customer Reviews

"At Office Yoga" is a simple little book that is an easy read. I read most of it on my way to work while riding the bus. The book has a section for warm up yoga to do in the morning, yoga to do at your desk, and yoga to do in the evening so calling it yoga at the office is a bit of a misnomer. This ebook has some very nice pictures that give you an idea of what the position you are doing should look like which is very helpful. All of the positions are quite easy to do so there really isn't an excuse to not at least try them. The best part of this book is the very end section that includes the top 10 questions for work yoga with the answers. I found that to be the most informative part of the book. Especially the part about carpal tunnel syndrome and breathing exercises to help with stress. (I'll be reading her book on breathing techniques next and am looking forward to that.) So, why did this book only receive 3 -stars and not 5-stars? Every single position example was done on a regular chair without arms and wheels. I'm not sure what office would have a desk chair without wheels but every chair in my company has wheels. I know that some desk chairs don't have arms, but I did a quick inventory of the office chairs on my floor and they all have arms. Of course, there were a few of the exercises that could be done in an office chair with both wheels and arms, but some of them might cause some problems if you tried them on a rolling chair. I think that the concept of having yoga positions to do in the office is an excellent idea, but it needs to be a little more thought out than this book provides. I did receive this book free for my honest review which is exactly what you have just read. I'm grateful that I did receive this book and will continue to work on the poses that I can.

I really wish Kindles were bigger. Although there are pictures they are not real clear on the Kindle. Maybe the pictures should be full page. The book starts out with doing some regular yoga, mat and all, which didn't really match the idea of doing yoga in the office. Well, unless you have a low key boss anyway. Then it moves to chair yoga. Much more practical. And it has the added advantage that it is going to puzzle the people around you. To me it seems like the book assumes that you have some knowledge of yoga to start with, which if you just happened to pick this up to relieve that back pain at the office you probably don't have. So the book is helpful, but it needs to have full page pictures and a little bit more basic instruction. If you need to do yoga at the office, you need something at the level of "yoga for dummies" instruction. I want to thank the seller for providing this book for free in exchange for an unbiased review.

I spend over eight hours a day sitting at the computer, so when I saw this book I grabbed it! There are several effective poses for office workers, all well illustrated and explained. The only ones I haven't attempted are the backwards bending ones, as I have been told not to do them. As an extra bonus there is a section for stretching arms, fingers and wrists to avoid carpal tunnel syndrome and some hints for what else to do when yoga is not an option. If you are in a job where you have to stand all day, then there are also some yoga poses that can help your posture and ease any strain on the lower back. Altogether a very helpful book for those of us stuck at a desk!

This book is a quick read, and really only takes a short while to get through it. It doesn't just include yoga poses for the office, but also morning routines and evening ones as well. It includes good quality pictures that give you instruction on how to do the poses, and the positions are quite easy to do. The end section with the Question & Answers is really informative, and has a lot of good info, especially in regards to carpal tunnel which is something I suffer from, and really can get in the way of me completing my work. I just hope that I can find a folding chair or something at work because my office chair is a rolling one, and as it turns out wheeled chairs and yoga don't exactly mix! (I reserve 5 stars only for those products that truly merit it.) I received this product, *At Office Yoga: Your At Work Yoga Guide For Stiff Bodies That Sit All Day (Just Do Yoga) (Volume 7)*, at a free or discounted rate in exchange for my honest and unbiased review. This review is 100% original, and of my own writing. I was not influenced by any party, nor was I given a script to follow. The above review is based entirely on the performance of the product, and how it works for myself or members of my family. This is my honest opinion of the product and I also do not and will not accept any additional reimbursements or any other form of compensation of any kind in exchange for a (falsely) positive review. I won't remove a negative review at the seller's request, nor will I refrain from posting a lower star rating if I find that the item is deserving of it. I do, however, reserve the right to modify my review at any time, especially if, during its use, the quality or usability of the product changes.

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