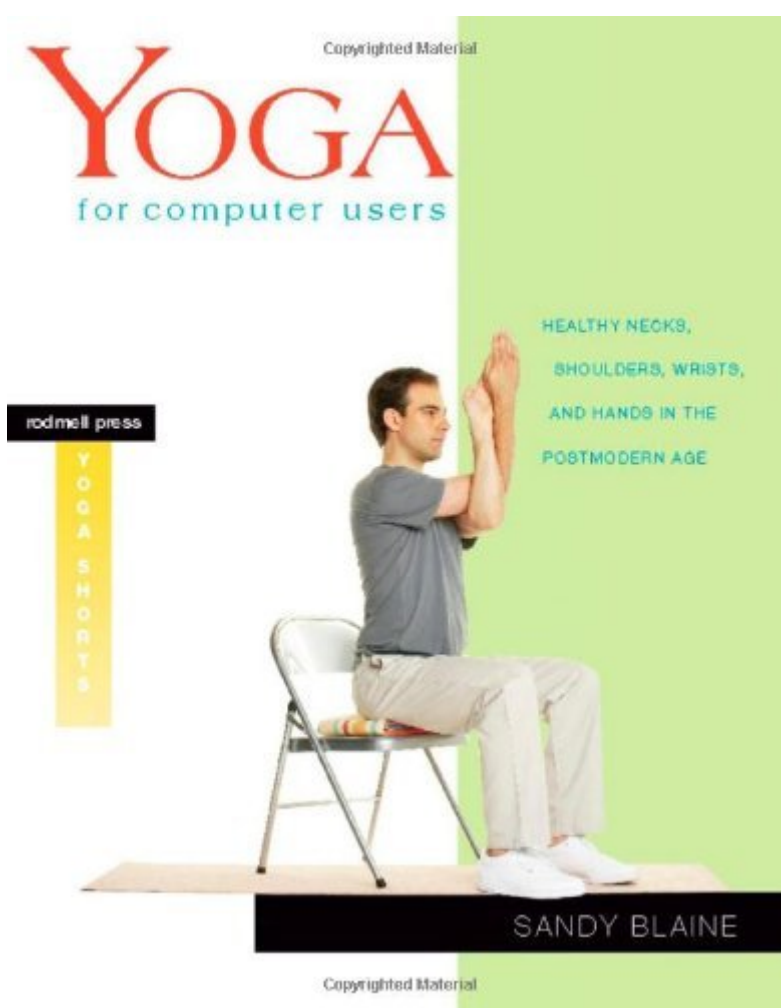


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# Yoga For Computer Users: Healthy Necks, Shoulders, Wrists, And Hands In The Postmodern Age (Rodmell Press Yoga Shorts)



## Synopsis

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 23 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 30-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.

## Book Information

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## Customer Reviews

I'm a craniosacral and massage therapist, and recommend this book to nearly all my clients, young and old, active and sedentary. Every one of them who uses it has seen benefits, and I notice that

they all have longer pain- and kink-free stretches of time between sessions. Sandy Blaine writes in a clear, engaging voice. Her instructions are precise, and still very easy to follow. The beauty and genius of this book is that the poses are geared directly to the symptoms people get with longterm computer use, they can be done nearly anywhere with very little equipment, anyone with use of their arms and a modicum of common sense can perform them well, and the protocols are flexible time-wise, fitting in to busy schedules. Anyone who spends time in a chair, with their hands out in front of them (think dental hygienists, quilters, cyclists, teachers...) can benefit from this yoga program. Folks who stand with their arms out (avid cooks and bakers...) also see great benefits. I rehabbed an injured knee with Sandy's Yoga for Healthy Knees, so I know firsthand that her work is excellent.

This book has some great moves you can do sitting at your desk. I can't do all of them because I'm not that flexible yet, but it's a goal! With fibromyalgia, I need to stretch my muscles to relieve some of the pain. This offers easy exercises for us "regular" people.

This is a great book for anyone who spends a lot of time at a computer, or just at a desk. Even if you have never done yoga before, this book will make your body feel better after a session in front of the screen. It's also a great reminder (and a good excuse!) to take breaks. Practical and clearly explained, this book should be required buying for every Human Resources department across the land. It will save companies a ton of lost employee time - and as they know, prevention is a whole lot better (and cheaper) than cure!

I was recently at a book fair where Sandy Blaine gave a speech and led those in attendance, including all the authors, in a few practical poses and exercises. Her enthusiastic, confident energy was contagious, and her advice invaluable for all in attendance. I especially enjoyed watching the other authors drop everything they were doing to listen, heed and benefit from the simple advice and positions she had them achieve. As I spend a large amount of my day at a computer, I was anxious to read her book and see if her heart felt energy translated to the printed page. After a few months with this book, I am pleased to say it does. This book is simple, instructive, and completely helpful. It has aided me relieving stress in ways both physical and mental. I am especially grateful for the section dealing with breathing and meditation, which are often forgotten in the daily grind of getting things done, or even during basic stretching. After focusing on my breathing, I find all my actions are more efficient, even joyful in the aftermath of stress reduction. This book is now a fixture

in my day, both at work and at play.

I received this book as a gift and I was relieved to find out you don't have to be an experienced yoga practitioner to do the exercises. I read through the intro, and then took a few minutes to try the first four exercises and, honestly, my body felt more "open." Everything's explained and illustrated clearly, so I'm looking forward to progressing through the exercises. I think anyone who spends any time sitting in a chair could benefit.

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