

Yoga for Computer Users: Other Postures

The Diamond Posture (Vajrasana)

Kneel on a thick carpet or blanket with your knees close together. Sit back on your heels and stretch up from your hips, balancing your head well so that a line drawn through ear, shoulder, elbow and hip would be straight. You should sit up in this posture for greatest benefits.

The Locust (Salabhasana)

Most yoga students are familiar with this posture. Lie flat, face down, chin on floor. Make your hands into fists and push them either under your thighs to help the lift, or place them alongside your body. Exhale and lift legs from your hips, tightening your buttocks and stretching your legs up and back. Hold position for as long as possible, exhale, return to starting posture and repeat.

The Dog Stretch (Adho mukha svanasana)

Lie face down, legs stretched back, buttocks tightened and knees pulled back. Place hands just below shoulders, exhale and lift head, then chest, shoulders and torso, pushing down from your pelvis and straightening your arms. From the back of your head to your tailbone, your body should be curved back. Push shoulders back and down. Push head back more. Stay like this as long as possible with normal breathing. Come down very slowly, and relax.

The Twist (Bhardwajasana)

Kneel on the floor and sit back, bringing both feet to the right of your hips. Straighten your right arm, bring it across your body and turn to the left. Place your hand, palm down under your left knee. Exhale, turn your body more to the left and clasp your right elbow with your left hand, from the back. Turn your head and gaze over your right shoulder. Hold position for a few breaths and then twist and look back over your left shoulder. Shoulders should be at right angles to the body. Come back to starting position and repeat on other side. You should do this posture once every hour if you have lower back pain.