

James Schramko here and look, your reaction was really good and positive for my Yoga Manu Minute. My brother-in-law Manu came and taught us some yoga, so this week I've asked him to come back and talk about what we can do when we're at our stand-up desk. Stand-up desks are older age and it's great to be standing there but what can you do when you're at your stand-up desk to get loose and flexible. Take it away Manu.

Hi, welcome to Yoga Manu Yoga Minute (from LivingOm.com.au), this is Manu here. Today I'm going to show you three standing yoga poses for your stand-up desk.

We Begin With The Eagle Pose

First one is the Eagle Pose. You can do that by just crossing one leg over at a time and bending your knees a little bit. Yup, that activates the pelvic flow and strengthens the leg.

Keep Your Hips Square And Know Your Limits

The second one is the Dancer's Pose, where you hold your ankle from the side, slowly keeping the hips square. And then slowly stretch your leg as farther back as you can. Remember to know your limits and keep it simple. So you're stretching your hip flexors, your quads and then returning back slowly.



Loosen Up With This Yoga Minute Exercise

Try The Three Tree Pose Variations Or You Could Give The Expert Pose A Shot

The third pose is the Tree Pose. In the Tree Pose, you gently place one foot as high as you can – option one, option two – below the knee or option three – even on the floor. So that's the Tree Pose. If you're an experienced *yogi*, feel free to grab your toe and then slowly stretch it out and back in. So from the side view, you're holding your toe and slowly stretching out, make sure you're not kicking anything next to you, and back again.

So these are the three postures. Making sure collapsing the hip – No no! Square hip, activating the hip – Yes!

Thank you for joining me for your Yoga Manu Yoga Minute, see you next time.

Well, there you go, thank you Manu. That's what I'll be doing at my stand-up desk this week.

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