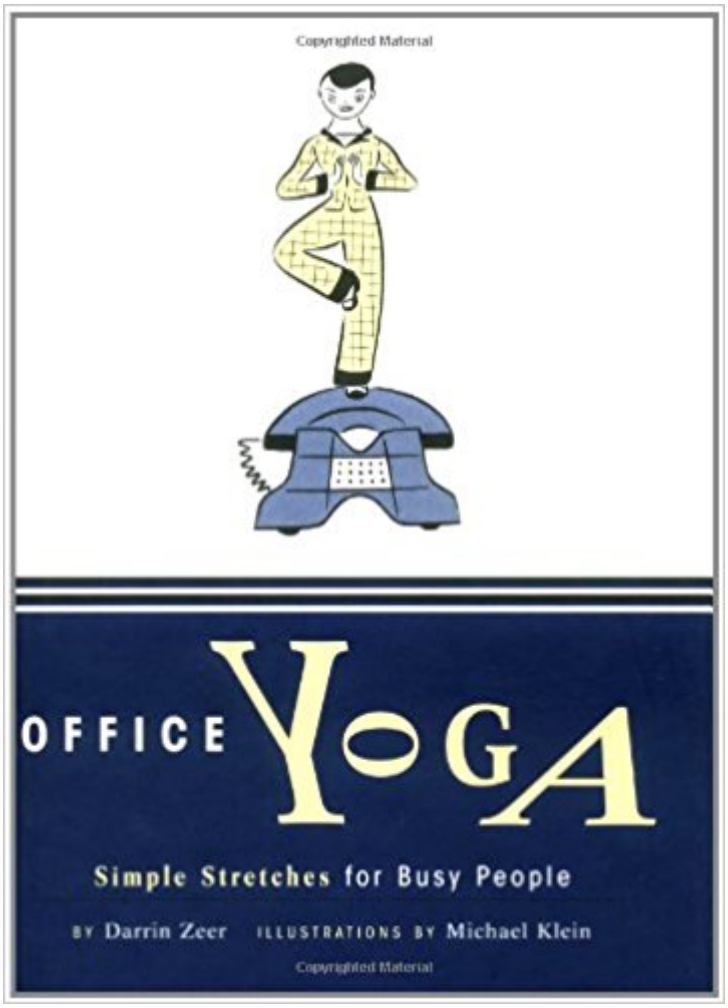
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Office Yoga: Simple Stretches For Busy People



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Synopsis

Yoga has gone completely mainstream. Sensible people everywhere are saying "Om" and doing postures once a week. Enter the world’s easiest yoga book for the place we need it most: work! Renowned teacher Darrin Zeer brings this ancient Indian art to the modern-day office with a fully illustrated, easy-to-use guide offering 75 stress-relieving stretches perfect for the cube environment. Unlike most yoga guides, Office Yoga offers a fun, accessible approach and is useful for both beginners and experts. Exercises are organized by time of day and for a variety of situationsÃ¢â ¬â •waking stretches, commute exercises, on-the-phone and at-the-copy machine stretches. Humorous and colorful illustrations by Michael Klein enliven exercises that can be performed anywhere from the elevator to the conference room. This handy little book will fit nicely on any desktop, and makes a great gift for the workaholic in your life.

Book Information

Hardcover: 96 pages

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Average Customer Review: 4.2 out of 5 stars 36 customer reviews

Best Sellers Rank: #799,375 in Books (See Top 100 in Books) #102 inÃ Â Books > Health, Fitness & Dieting > Exercise & Fitness > Stretching #1813 inÃ Â Books > Health, Fitness & Dieting > Exercise & Fitness > Yoga #58491 inÃ Â Books > Teens

Customer Reviews

As the title implies, Zeer offers a series of short, simpleyoga stretches and poses or asanas designed for the home and office. "Office Yoga" takes the reader from early morning in-bed yoga stretches through workday routines (easily performed in the cramped and hurried atmosphere of the office) and returns home with gentle and lighthearted exercises such as "Yoga for Couch Potatoes." "At-The-Desk-Relaxation," and "Afternoon Invigoration," offer a balanced mix of traditional Hatha yoga poses (e.g., Sun Salutation, Cobra, and Cat) and adaptations such as, "Keyboard Calisthenics" (for loosening wrists and fingers), "E-mail Meditation" (for calming nerves), and "Crowded Elevator Stretch" (to restore energy). The exercises are enlivened by Michael Klein’s

retro, New Yorker-ish illustrations, as well as the occasional inspirational quote from the likes of Fred Astaire and Buddha. Zeer doesn't spend much time teaching yoga concepts; this is a day-planner for relaxation, with a simple, easy-to-follow yoga routine for relieving stress. But it serves that purpose well. (Beliefnet, May 2000) -- From Beliefnet

Darrin Zeer spent seven years in Asia studying the different forms of yoga. He now focuses on teaching others to lead simpler, healthier, more peaceful lives. He is based in Southern California.Michael Klein is an award-winning illustrator whose work has appeared in countless publications and several books.

Great for home of office reminding you to relax. You truly can do yoga anywhere even in bed!

Ordered for my spouse to unwind at her office chair--great book. Easy to understand and keeps it simple.

Great tips. I just don't think I can sing like an opera star in the car(imagine what other drivers will think-bluetooth? rage). Some of the stretches are just too difficult and inconvenient. But its a good book nonetheless, I shall take the standard American andidote of golf after work or the bar, its just easier and more fun.

Disappointed in the lack of technical advice. It seems the author spent 75% of the time trying to entertain rather than educate and heal. A mediocre bathroom reader at best.

Great book with cool illustrations of how to incorporate yoga into your work life. I am a yoga instructor and found this book helpful for my corporate chair yoga classes.

I just bought this book and I love it. The style is simple and easy to use. Each page has a clear, concise yoga tip, and the inspirational quotes sprinkled throughout are a wonderful compliment to the highly practical content. One of the best things about this book is that it is elegant--a finely crafted hardbound book with unique illustrations and a small cozy size that feels fun to hold. The book can be easily tucked away anywhere in the office, or toted along in a briefcase or knapsack. This would make a perfect pick-me-up gift for a friend or office co-worker. "Office Yoga" would be just the thing to include in a stress relief care basket.

I am enjoying this book. It has simple, easy to do exercises for people who have to sit for long periods of time. I would recommend this book.

Simple, fun book. Love the illustrations. I like that it covers more than office yoga -- simple stretches for any time of the day.

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