

# STRONG Lunchbreak - Yoga

8 min · Yoga

Verspannt weil Sie mal wieder 2 Stunden ohne sich zu bewegen vorm Rechner saßen? Dieser Yoga Zirkel hilft Ihnen sich locker zu machen und ist nicht extrem schweißtreibend, sodass Sie ihn einfach in Ihrer Mittagspause einbauen können.

## Alternate Nostril Breathing · Nadi Shodhana Pranayama



5 breaths

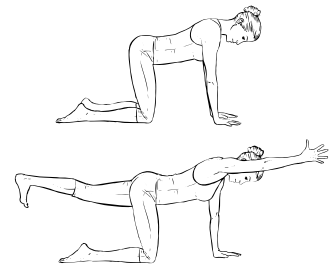
Rechter Daumen auf das rechte Nasenloch. Auf 4 einatmen. Ringfinger auf linke Seite und rechts ausatmen auf 4

## Cat Stretch · Marjariasana



5 breaths

## Balancing Table · Dandayamna Bharmanasana



5 breaths

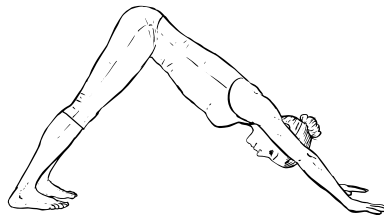
5x das Bein und den diagonalen Arm heben pro Seite

## Extended Child's Pose · Utthita Balasana



5 breaths

## Downward Facing Dog · Adho Mukha Svanasana



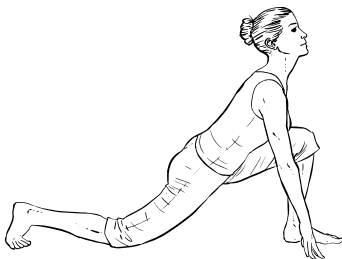
5 breaths

## Extended Cobra · Saral Hasta Bhujangasana



5 breaths

## Equestrian · Ashwa Sanchalanasana



5 breaths

pro Seite 5x atmen

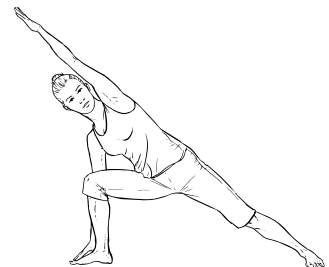
## Half Monkey · Ardha Hanumanasana



5 breaths

5x pro Seite

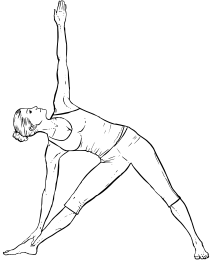
## Extended Side Angle · Utthita Parsvakonasana



5 breaths

5x pro Seite

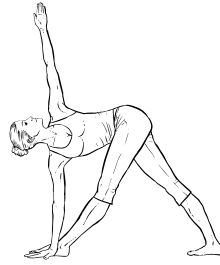
**Extended Triangle · Utthita  
Trikonasana**



**5** breaths

5x pro Seite atmen

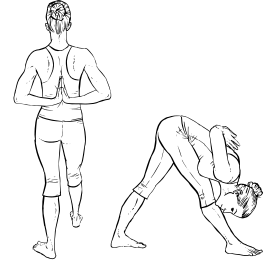
**Revolved Triangle · Parivrtta  
Trikonasana**



**5** breaths

5x pro Seite atmen

**Pyramid · Parsvottanasana**



**5** breaths

5x pro Seite atmen

**Standing Half Forward Bend · Ardha  
Uttanasana**



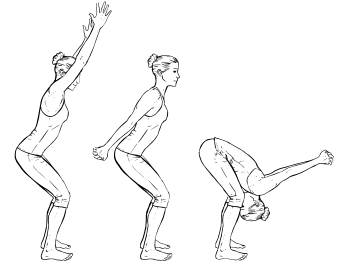
**5** breaths

**Standing Forward Bend · Uttanasana**



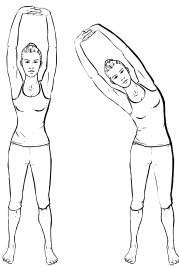
**5** breaths

**Standing Yoga Seal · Dandayamana  
Yoga Mudrasana**



**5** breaths

**Swaying Palm Tree · Tiryaka  
Tadasana**



**5** breaths

5x pro Seite atmen

**Tree · Vrksasana**



**5** breaths

5x pro Seite atmen

**Upward Salute · Urdhva Hastasana**



**5** breaths

## Alternate Nostril Breathing

Primary muscle group(s):

Abs, Chest

Sit in a comfortable position. Lengthen your spine.

Bring your left thumb and index finger together. Rest the back of the hand on your left knee.

Tuck your right index and middle fingers into your palm. Close your eyes.

Close your right nostril with your right thumb. Exhale completely.

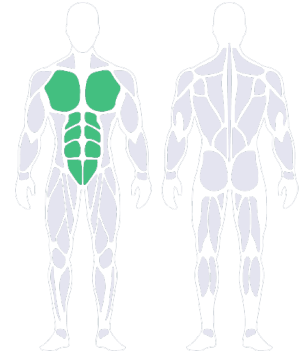
Inhale through your left nostril. Close your left nostril with your ring finger.

Release your thumb and exhale through your right nostril. Inhale through your right nostril.

Close your right nostril with your thumb. Release your ring finger and exhale through your left nostril. This is one round.

Repeat 5 rounds of this breath. Rest in Corpse for several breaths.

Modification: Place a firm cushion or rolled mat under your bottom to bring more length to your spine.



## Cat Stretch

Primary muscle group(s):

Lower Back, Middle Back / Lats, Spine, Upper Back & Lower Traps

Secondary:

Neck & Upper Traps, Shoulders, Wrists

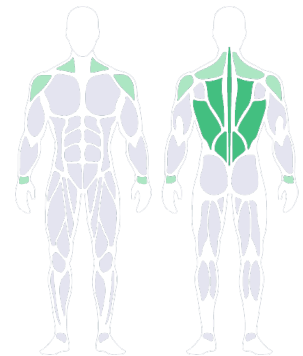
Begin on all fours. Bring your wrists directly under your shoulders and knees under your hips. Bring your head to a neutral position.

With an inhale, arch your spine, reaching your head and tailbone toward the sky. Let your belly drop toward the floor.

With an exhale, round your spine, drawing your head and tailbone toward the floor.

Repeat this movement.

Modification: Place a folded blanket under your knees for cushion.



## Balancing Table

Primary muscle group(s):

**Abs, Spine**

Secondary:

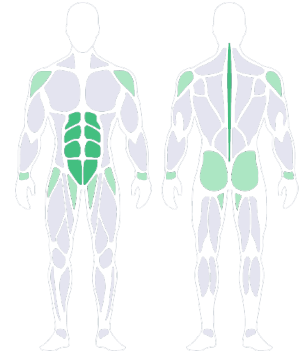
**Glutes & Hip Flexors, Shoulders, Wrists**

Begin on all fours. Bring your wrists directly under your shoulders and knees under your hips. Bring your head to a neutral position.

Stretch your right leg back with an inhale. Bring it parallel to the floor. Flex the foot.

Reach your left arm forward with an inhale. Bring it parallel to the floor.

Balance here for one or more slow, deep breaths. Lower with an exhale. Change sides and repeat.



## Extended Child's Pose

Primary muscle group(s):

**Glutes & Hip Flexors, Knees, Spine**

Secondary:

**Lower Back, Middle Back / Lats, Upper Back & Lower Traps**

Sit on your heels. Bring your feet together and knees hip-width apart.

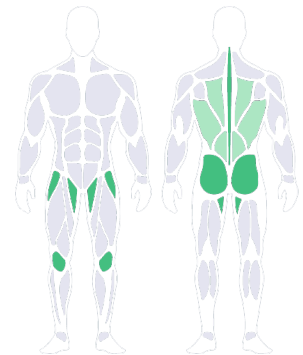
Bend forward with an exhale and rest your torso between your thighs. Relax your tailbone toward your feet.

Reach your arms far forward. Spread your fingers and press your palms into the floor. Rest your forehead on the floor.

Hold the pose and take slow, deep breaths.

Rise with an inhale.

 Avoid this pose if you have a knee injury.



## Downward Facing Dog

Primary muscle group(s):

Calves, Hamstrings, Middle Back / Lats, Spine

Secondary:

Abs, Ankles, Glutes & Hip Flexors, Quadriceps, Triceps, Wrists

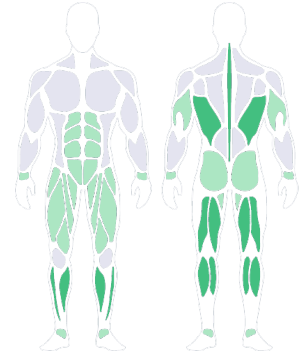
Lie on your stomach. Bring your hands under your shoulders and spread your fingers wide. Bring your feet as wide as your hips and curl your toes under.

Push into the floor and come onto your knees with an exhale, then slowly straighten your legs. Release your heels toward the floor. Reach your tailbone toward the sky behind you to lengthen your spine. Bring your head in between your arms.

Hold the pose and take slow, deep breaths.

Release your knees to the floor with an exhale and sit back on your heels.

⚠️ Avoid this pose if you have high blood pressure or carpal tunnel syndrome.



## Extended Cobra

Primary muscle group(s):

Lower Back, Middle Back / Lats, Spine, Upper Back & Lower Traps

Secondary:

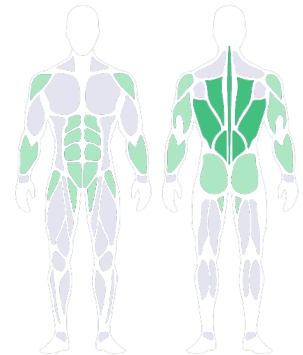
Abs, Forearms, Glutes & Hip Flexors, Shoulders, Triceps

Lie on your stomach. Separate your feet hip-width apart. Place your hands under your shoulders and spread your fingers. Rest your forehead on the floor.

Push into your hands and lift your head, chest and stomach with an inhale. Keep your pelvis on the floor.

Hold the pose and take slow, deep breaths.

Lower with an exhale.



## Equestrian

Primary muscle group(s):

**Calves, Hamstrings, Quadriceps**

Secondary:

**Ankles, Chest, Glutes & Hip Flexors, Knees, Spine**

Begin in Standing Forward Bend with your palms on the floor beside your feet, knees bent as needed. Step your right foot far back with an inhale.

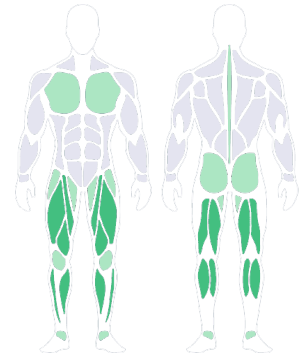
Lower your right knee to the floor. Check that your left knee is aligned over your ankle. Rise onto your fingertips and lengthen your spine, opening your chest.

Hold the pose and take slow, deep breaths.

Step your right foot forward with an exhale and return to Standing Forward Bend.

Change sides.

⚠️ Avoid this pose if you have knee injury.



## Half Monkey / Half Split

Primary muscle group(s):

**Calves, Glutes & Hip Flexors, Hamstrings**

Secondary:

**Knees, Spine**

Begin in Equestrian with your right leg back. Extend your left leg forward with an exhale and flex your foot.

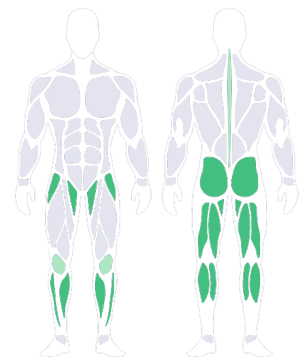
Support your weight on your fingertips. Energetically pull your left heel toward you.

Bend forward with an exhale, keeping your head in line with your spine. Inch your foot forward as your flexibility allows.

Hold the pose and take slow, deep breaths.

Drag your front leg toward you with an inhale. Change sides.

Modification: Stay upright.



## Extended Side Angle

Primary muscle group(s):

Glutes & Hip Flexors, Obliques, Quadriceps, Shoulders

Secondary:

Ankles, Triceps

Begin standing. Step your feet 3 ½ to 4 feet apart with an inhale. Bring feet parallel.

Bring your arms to shoulder height, palms facing down. Turn your right foot 90 degrees to the right.

Bend your right knee with an exhale, bringing the thigh parallel to the floor. Align knee over ankle.

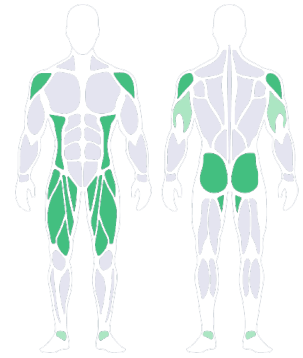
Bend to the right with an exhale, bringing your fingertips to the floor just outside of your right foot. Reach your left arm up with an inhale, then lower the arm alongside your ear, palm facing down. Gaze toward your top arm.

Hold the pose and take slow, deep breaths.

Rise with an inhale, then exhale and step your feet together. Change sides.

Modification: Gaze toward the floor. Rest your forearm on your thigh instead of reaching to the floor.

⚠️ Avoid this pose if you have high or low blood pressure.



## Extended Triangle

Primary muscle group(s):

Glutes & Hip Flexors, Hamstrings, Shoulders, Spine

Secondary:

Calves, Obliques, Triceps

Begin standing. Step your feet 3 ½ to 4 feet apart. Bring feet parallel.

Bring your arms to shoulder height, palms facing down. Turn your right foot 90 degrees to the right. Turn your left foot slightly in.

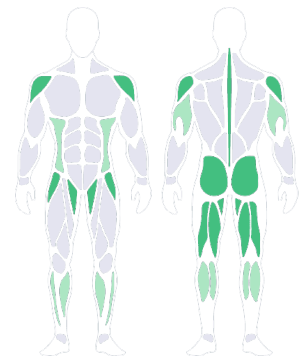
Reach your right arm out to the right and then down with an exhale. Bring your hand to your shin or ankle. Inhale and reach your left arm toward the sky, palm facing forward. Gaze up toward your hand.

Hold the pose and take slow, deep breaths.

Look down and activate your core and legs. Rise with an inhale, then exhale and step your feet together. Change sides.

Modification: Gaze toward the floor.

⚠️ Avoid this pose if you have low blood pressure.



## Revolved Triangle

Primary muscle group(s):

**Glutes & Hip Flexors, Hamstrings, Spine**

Secondary:

**Calves, Middle Back / Lats, Quadriceps**

Begin standing. Step your right foot about 3 feet back with an exhale. Keeping your heels in one line, point your right foot 45 degrees to the right. Face your torso forward.

Place your hands on your hips and lengthen your spine.

Reach your right arm to the sky with an inhale.

Bend forward with an exhale and bring your right fingertips to the floor outside of your left foot.

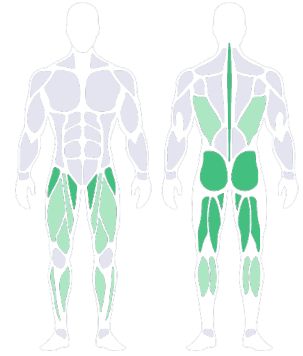
Reach your left arm to the sky with an inhale, opening your chest to the left. Gaze toward your top hand.

Hold the pose and take slow, deep breaths.

Untwist with an exhale, then inhale and rise to standing. Change sides.

Modification: Gaze toward the floor.

⚠️ Avoid this pose if you have a back or spinal injury, or low blood pressure.



## Pyramid

Primary muscle group(s):

**Hamstrings, Shoulders, Spine**

Secondary:

**Calves, Wrists**

Begin standing. Step your left foot about 3 feet back with an exhale. Keeping your heels in one line, point your left foot 45 degrees to the left. Face your torso forward.

Press your palms together behind your back with an inhale. Open your chest.

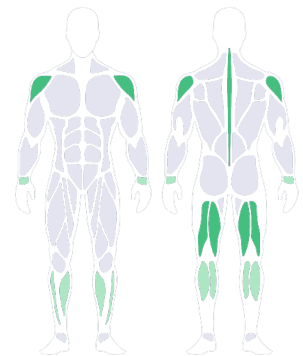
Bend forward with an exhale. Reach your forehead toward your knee.

Hold the pose and take slow, deep breaths.

Rise with an inhale, then exhale and step your feet together. Change sides.

Modification: Hold opposite elbows behind your back, or reach both hands to the floor.

⚠️ Avoid this pose if you have high blood pressure or a back injury.





## Standing Half Forward Bend

Primary muscle group(s):

**Hamstrings, Spine**

Secondary:

**Calves**

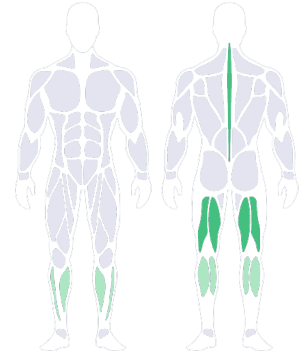
Begin in Standing Forward Bend. Rest your fingertips on the floor in line with your toes.

Lift your torso with an inhale, keeping your fingertips on the floor. Lengthen your spine and gaze diagonally downward.

Hold the pose for a moment.

Fold forward with an exhale.

Modification: Bend your knees. Place your hands on your shins instead of the floor.



## Standing Forward Bend

Primary muscle group(s):

**Hamstrings, Lower Back, Spine**

Secondary:

**Calves, Middle Back / Lats, Upper Back & Lower Traps**

Stand with your feet together, feet parallel. Bend forward from your hips with an exhale. Lengthen your torso as you come down. Reach your palms toward the floor on either side of your feet.

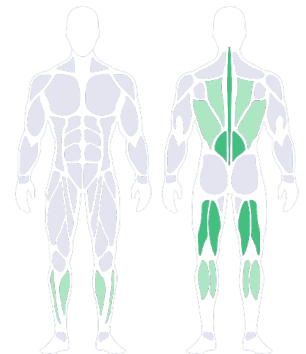
Draw your kneecaps up and lift your sitting bones toward the sky. Let your head hang.

Hold the pose and take slow, deep breaths.

Place your hands on your hips. Lengthen your spine with an inhale and rise to standing.

Modification: Bend your knees. Hold onto your shins to lessen the stretch.

 Avoid this pose if you have high blood pressure.



## Standing Yoga Seal

Primary muscle group(s):

Hamstrings, Quadriceps, Shoulders, Upper Back & Lower Traps

Secondary:

Chest, Glutes & Hip Flexors, Spine, Triceps

Stand with your feet hip-width apart. Bring feet parallel. Reach your hands toward the sky with an inhale, palms facing each other.

Bend your knees with an exhale and shift your hips back and down.

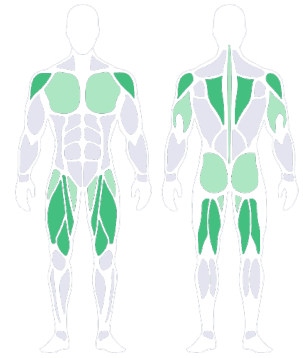
Interlock your fingers behind you with an inhale. Open your chest.

Bend forward with an exhale, keeping your knees bent. Draw your chest toward your thighs and reach your arms up and forward. Relax your neck.

Lift your torso with an inhale, release your hands and reach your hands toward the sky.

Repeat this movement.

⚠️ Avoid this pose if you have high blood pressure.



## Swaying Palm Tree

Primary muscle group(s):

Abs, Obliques, Spine

Secondary:

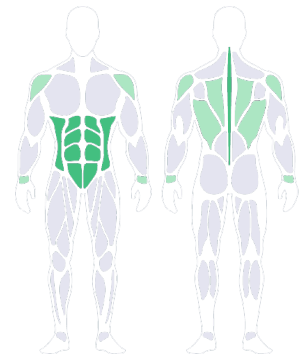
Middle Back / Lats, Shoulders, Upper Back & Lower Traps, Wrists

Stand with your feet wider than your shoulders.

With an inhale, stretch your palms toward the sky, fingers interlocked.

Bend to the right with an exhale. Do not move your hips.

Rise to center with an inhale. Change sides and repeat this movement.



## Tree

Primary muscle group(s):

Ankles, Knees, Quadriceps, Spine

Secondary:

Calves, Glutes & Hip Flexors, Hamstrings, Lower Back

Stand with your feet together. Shift your weight onto your right leg. Place the sole of your left foot along the inside of your right thigh; either above or below your knee.

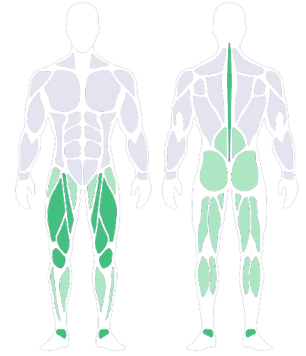
Slowly reach your arms out and then up with an inhale. Bring your palms to touch overhead.

Gaze at one point ahead of you. Hold the pose and take slow, deep breaths.

Release your arms and leg with an exhale. Change sides.

Modification: If you find it difficult to balance, place your heel on top of the opposite foot.

⚠️ Avoid this pose if you have low blood pressure.



## Upward Salute

Primary muscle group(s):

Shoulders, Spine

Secondary:

Knees, Obliques

Stand with your feet together. Allow your arms to hang by your sides. Reach the crown of your head toward the sky. Point your tailbone toward the floor.

Reach your arms out and up with an inhale, bringing your palms to touch overhead. Gaze diagonally upward. Relax your shoulders downward. Engage your core and thighs and lift your kneecaps up.

Hold the pose and take slow, deep breaths.

Lower your arms with an exhale.

Modification: Gaze forward, keep the arms wide or step the feet hip distance wide.

