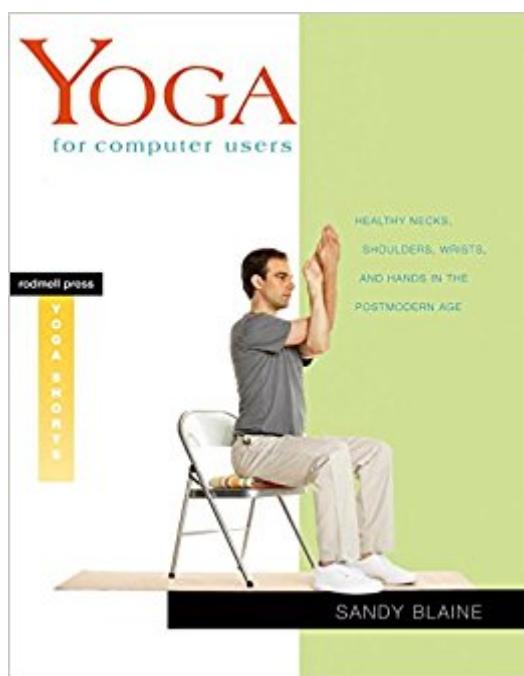


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# **Yoga For Computer Users: Healthy Necks, Shoulders, Wrists, And Hands In The Postmodern Age (Rodmell Press Yoga Shorts)**



## **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 twenty-three 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 thirty-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**

Sandy Blaine grew up in Berkeley, California, where she took her first yoga class in 1987 and immediately fell in love with its beauty and mystery. She has a joyous devotion to her own daily yoga practice, which she strives to share with her students through her teaching and writing. Sandy got her start teaching yoga at the University of California, Berkeley in 1993 and has been teaching full time in the San Francisco Bay Area ever since. In 1995, she graduated from the Advanced

Studies Program at Berkeley's Yoga Room; she joined their faculty in 2000. She is one of the founders and codirectors of the Alameda Yoga Station, which opened in 1995. In addition to teaching her weekly classes in Berkeley and Alameda, she has been the in-house yoga teacher at Pixar Animation Studios in Emeryville, California since 1994. Sandy's writing has appeared in Ascent, Yoga International, and Yoga Journal. In 2004 she wrote a series on home practice, "Asana at Home," for Yoga International's "Asana" column. Sandy resides in Oakland, California where, when not teaching, practicing, or writing about yoga, she enjoys reading, cooking, and hiking in the Oakland hills. For more information about her yoga classes and workshops, visit [www.AlamedaYogaStation.com](http://www.AlamedaYogaStation.com) and [www.YogaRoomBerkeley.com](http://www.YogaRoomBerkeley.com).

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came quickly, it was a gift and hopefully will be useful

This book was full of great ways that people who are sitting in front of a computer or sitting behind the wheel of a vehicle can avoid a lot of discomfort while on the job.

This book has the same yoga poses all the books and DVDs push, downward dog, mountain pose, etc.. If you have ever seen a yoga dvd or book, then you don't need this one. I am returning mine to

.

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'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.

With several hours a day at the computer and recently healed from neck and shoulder problems, this book is a sigh of relief. I'm finding it to be a very effective approach to preventing further injuries caused by repetitive stress. I especially appreciate the quick five to ten minute practices that release locked-up muscle tension and leave me feeling more supple and strong. And taking a stretch break gives my mood a boost as well, reminding me of life beyond my desk! The photos that accompany the detailed descriptions make it easy to follow. When I take the time to finish my work day with one

of the author's 30 minute sessions, I sleep more deeply and wake up refreshed. It's definitely a practical gem for anyone who wants to reverse the negative effects from extended time at the computer and enjoy the benefits of self care.

Sandy Blaine's "Yoga for Computer Users" is both inspiring and practical, in an age when almost everyone spends huge amounts of time sitting at a computer, a desk, or working on electronic devices. The book provides clear instructions and helpful photographs, so that prior yoga knowledge or experience are not required to follow along. It addresses our modern problem of a sedentary lifestyle, and offers ways that we can gradually incorporate change into our daily lives. It also encourages us to find the balance between stillness and movement, and between ingrained habits which can be deadening, and conscious, life-affirming, rejuvenating movement.

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!

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