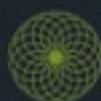




YOGA

The word Yoga comes from the root sanskrit “yuk” which translates as yoke. Yoke, like egg yolk is used to bind ingredients together. In the context of yoga, the practice aids in uniting the human triangle, mind, body and spirit.



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What is Yoga and how can the practice help us in the workplace?

Yoga teaches us that we are all one, we all come from the same energy source, that connects us all and through meditation we realise this fundamental truth. To give this truth a little more context, our mind, body and spirit are rarely in union with one another, we drink copious amounts of alcohol which we know is not good for us, yet we do it anyway, because our mind wants to de-stress. We eat too much junk food for the same reason. On the other side of the spectrum we attend the gym and push our bodies over the limit and cause injuries. In a competitive world, we are overworked, and take little time for ourselves to reset.

Even the first ancient Yogi's got it "wrong". They would sit for days in deep contemplation and ignore the needs of the body. It was a realisation that the body needed to be cared for in order to unite. It was this realisation that asana (the physical Yoga postures) was born. In short, we are not united and in the modern world it's often our spirit which is ignored. We have forgotten how to listen to our bodies on an intuitive level and how to use our mind effectively and instead the mind uses us.

We have all had that voice in our head that tells us that we are not good enough, we need to do more etc. Yoga teaches us how to listen and follow our own inner guide.

The Bhagavad Gita, India's spiritual text, much like the Christian Bible, is a story of a conversation that took place with Lord Krishna and Arjuna. The latter was confused about what he must do in the world and Lord Krishna advises him, it is the idea of attachment and its cause of suffering. The attachment to the outcome of the work that we do. We are, on one hand, unable to enjoy work because we are not in the present moment, so concerned we are with the outcome. On the other-hand, so disappointed when the outcome was not as we expected. We become overwhelmed by the workload and the expectations placed on us from the others as well as the expectations we place on ourselves.

So how can Yoga help in the workplace?

With deadlines to meet, and long hours, it can be difficult to unwind at home and when we do, it is often the bad choices that we make, which can deteriorate our mental and physical well being further.

Three Top Tips on how Yoga can help you

The Breath

The breath is the first indicator of how you are feeling but one that is often ignored and taken for granted. By being aware of the breath, we can acknowledge where we are and take steps to calm the mind. Take a deep breath through the nose for the count of 4 seconds, sending the breath to the belly, expanding it like a balloon and slowly exhale through the mouth and repeat. With awareness entirely on the breath, the mind begins to calm, the thoughts begin to disappear. If thoughts do arise, steer your awareness back to the breath with no judgement. It is in this space that ideas and solutions surface to a problem that seems unsolvable. Any overwhelm begins to melt away. Connection to the breath can be practiced ANYWHERE and EVERYWHERE.

Asana In The Workplace

Sit with your bottom closer to the edge of your seat, feet flat on the floor with knees hip width apart. Lengthen the back and relax the shoulders. Placing the hands on your thighs inhale and push the chest forward, opening the heart and extending out the chin. Exhale and return to a straight spine. Repeat twice more. If your shoulders are rounded all day at a computer, this is a great one, to connect with the breath and body and counterposing the rounded shoulders.

Why not try out our yoga classes on the Torus Wellbeing EAP Portal?

Further Information

For further information and a thorough assessment, contact the Torus wellbeing book an appointment email: info@toruswellbeingclinic.co.uk



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