



Innovation Center 4 Educator Preparation

The Innovation Center 4 Educator Preparation creates sustainable, innovative partnerships among alternative certification programs and school districts that transform teacher preparation, resulting in a diverse, high-quality educator workforce equipped to teach all students, especially those who have been marginalized by systemic inequalities. @ic4edprep <https://www.innovation4edprep.net>

Yoga Asanas for Your Workday

Join me for yoga -- a union of the body, mind, and spirit with the goal of achieving stillness of the mind. Engage in a brief discussion to understand the eight limbs of yoga one of which is the asanas, the physical poses we think of when someone says yoga. We will engage in a series of physical practices you can use daily when you wake, at your desk, or as a break in a workshop you are leading. Use these individually as short breaks or combine them for a single practice. We will conclude with a short meditation and moment of gratitude.

@K12_Transformed

@ic4edprep

Biography

Anne Douglas-Rowald, RYT 200, is the Director of the **Innovation Center 4 Educator Preparation**, a center dedicated to improving the quality of teacher preparation through alternative certification pathways focusing on quality preparation and supports. Yoga has brought peace and provided a way to center her being for the past twenty years. Daily practice of the asanas and meditation provided a healthy way to process the stress of working in education, first as a science teacher and then in various administrative roles.

@larimaryoga





Desk Yoga Zoom Break

Anne Douglas-Rowald, Larimar Blue Yoga

• 14 mins



3B Inhale-Exhale 1m

1. Chair Mountain Pose Heel Raised • Chair Tadasana Heel Raised

3B Inhale-Exhale 1m

2. Chair Cat Cow Pose • Chair Marjaryasana Bitilasana

3B Inhale-Exhale 1m

3. Chair Seated Twists

3B Inhale-Exhale 1m

4. Chair Seated Twists

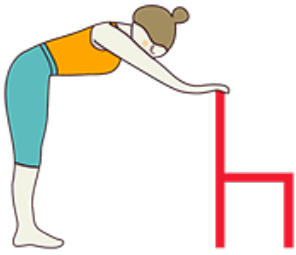
2B Inhale-Exhale 1m

5. Chair Pigeon Pose • Chair Kapotasana

2B Inhale-Exhale 1m


6. Chair Pigeon Pose • Chair Kapotasana

3B Inhale-Exhale 1m



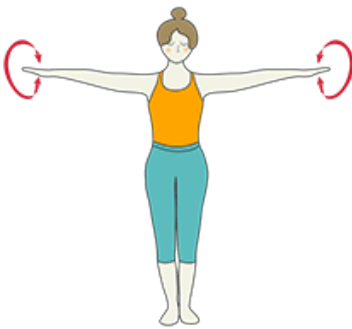
7. Standing Forward Bend Chair
• Uttanasana Chair

2B Inhale-Exhale 1m




8. Mountain Pose Stretched Out Hands
• Tadasana Stretched Out Hands

2B Inhale-Exhale 1m



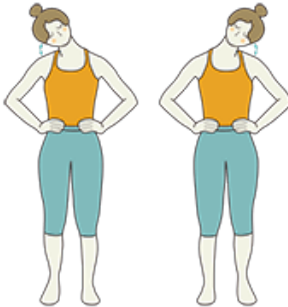
9. Standing Arm Circles

2B Inhale-Exhale 1m



10. Mountain Pose Stretched Out Hands
• Tadasana Stretched Out Hands

2B Inhale-Exhale 1m




11. Standing Neck Bends Left Right

3B Inhale-Exhale 1m



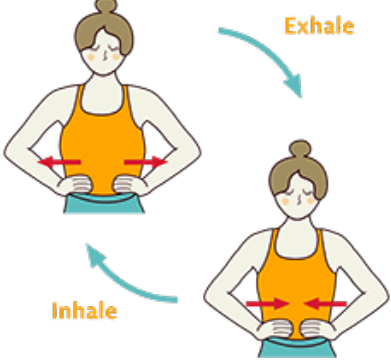
12. Mountain Pose Cactus Arms
• Tadasana Cactus Arms



13. Arms Rotation • Purna Bhujja Shakti Vikasaka

The illustration shows a person in a seated position with arms extended horizontally to the sides. Red circular arrows indicate a clockwise rotation of the arms. Dashed lines show the path of the arms as they rotate.

2B Inhale-Hold 1m



14. Ocean Breath Variation I Close Up • Ujjayi Pranayama Variation I Close Up

The illustration shows two stages of the Ocean Breath Variation I Close Up exercise. The top stage shows the person with hands on hips, labeled 'Inhale'. The bottom stage shows the person with hands on hips, labeled 'Exhale'. Red arrows indicate the inward movement of the hands on the hips.



Chair Surya Namaskar: Chair Sun Salutation for Office Breaks

Anne Douglas-Rowald, Larimar Blue Yoga

- 30 mins • Beginner Level
- Stretch deep with the support of chair for deriving the same results of the classical Sun Salutation yoga sequence
- Upper body and Lower body



Chair Surya Namaskar: Chair Sun Salutation

[Surya Namaskar Variation Sitting On Chair](#) (Sun Salutation Variation Sitting On Chair) is beneficial for people with desk jobs as it can also be done while working in front of the computer to give the body a gentle massage and stretch if one is seated for long hours.

As the name suggests, the practice of the classical [Surya Namaskar](#) (Sun Salutation) is done using the chair as a support.

Disclaimer: This chair yoga sequence should not be used as a substitute for medical attention or treatment. The information shared here is only for guidance and cannot be used completely for therapeutic or medical conditions without professional consultation from a medical professional or yoga therapist/teacher.

6B Inhale-Exhale 1m



1. Hands Chest Chair

4B Inhale-Exhale 45s



2. Hands Up Chair

4B Inhale-Exhale 45s



3. Seated Forward Fold Pose on Chair

6B Inhale-Exhale 1m



4. Seated Low Lunge Variation Chair • Anjaneyasana Variation Chair

6B Inhale-Exhale 1m



5. Knee Head Down Chair

6B Inhale-Exhale 1m



6. Hands Up Chair

5B Inhale-Exhale 45s



7. Seated Forward Fold Pose on Chair

6B Inhale-Exhale 1m



8. Seated Low Lunge Variation Chair • Anjaneyasana Variation Chair

6B Inhale-Exhale 1m



9. Knee Head Down Chair

8B Inhale-Exhale 1m



10. Hands Up Chair

8B Inhale-Exhale 1m



11. Seated Forward Fold Pose on Chair

10B Inhale-Exhale 1m



12. Hands Up Chair

Inhale-Exhale

3m



13. Corpse Pose Variation Chair

- Savasana Variation Chair