

How to practice yoga in your **daily life** for
improved flexibility of mind and body

YOGA

in no time at all



Joel DiGirolamo

What others are saying about *Yoga in No Time at All*

“After my heart transplant I tried the traditional methods of cardiovascular and weight training to regain my strength. No matter how hard I tried it wasn’t helping. I then turned to yoga and almost immediately felt positive results. It seemed as if the yoga worked from within rather than merely on the surface. Matters of health are not something we should work on occasionally, but something that should become a lifestyle. The poses in *Yoga in No Time at All* are a clever yet elegant way to turn this practice into a lifestyle.”

—*Kelly Perkins, Author of The Climb of My Life:
Scaling Mountains with a Borrowed Heart*

“As you flip through *Yoga in No Time at All* you may surmise that Joel is only offering us simple stretching exercises. In reality he is providing ways to bring the fullest depth of yoga, an integration of body, mind, breath, and a sense of something higher than ourselves into any given moment of our busy lives. His gentle and user-friendly approach will invite you to come back again and again. A delightful and practical book!”

—*Amanda McMaine, ERYT, MA Kinesiology,
Director of Yoga Teacher Training, Lexington Healing Arts Academy*

“*Yoga in No Time at All* provides creative ways to intersperse brief ‘islands of yoga’ into our daily lives. Whether you are just beginning or are an experienced practitioner, you will find something valuable in this book. Once you begin to experience these wonderful ways to take yoga ‘off the mat’ you will realize that the possibilities are endless! These ‘islands of peace’ allow us to become more in tune with the yearning in our mind and body to stretch and move on a regular basis.”

—*Leslie Phillips, PhD, Yoga Instructor*

“*Yoga in No Time at All* educates us on small and easy ways to incorporate yoga into our daily life. There is a misconception that you must spend hours on your yoga mat to reap the benefits—and that simply isn’t true. Joel has put a yogic twist on ordinary daily activities such as brushing your teeth and putting socks on. This is valuable information I can easily share with the students at my yoga studio. I am grateful for a book that is unlike any other yoga resource available!”

—*Sharon Tessandori, RYT, MS, Owner of Barefoot Works Yoga,
Director of Teacher Training*

“I often hear my patients say they don’t have time to exercise. Now there is no excuse! *Yoga in No Time at All* incorporates exercise into everyday life to improve health and mindfulness.”

—*Margot van Eck, MS, PT, OCS, Bauman Physical Therapy*

YOGA

in no time at all

How to practice yoga in your **daily life** for
improved flexibility of mind and body

Joel DiGirolamo

prana  power LLC
Freedom through personal empowerment

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Lexington, Kentucky USA

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Contents

List of Illustrations	ix
Preface	xi
Acknowledgments	xiii
Introduction	
Intention	3
Yoga	6
Breath	8
Computer Users	9
Dividing Attention	9
A Final Note	10
Asanas	
An Introduction to the Asanas	13
<i>Bathroom</i>	
Shave Asana	17
Brush Asana	21
Brushing Forward Dog Asana	24
Brushing Pigeon Asana	26
Revolved Brush Asana	28
Armpit Scrub Asana	32
Towel Asana	34
Prayer Asana	38
The Rack Asana	40
<i>Bedroom</i>	
Sock Asana	45
Bed Asana I	47
Bed Asana II	48
Bed Asana III	50
Sleep Asana I	52
Sleep Asana II	53
<i>Kitchen</i>	
Dishwashing Asana	57
Dishwashing Tree Asana	59

<i>Anywhere in the Home</i>	
Pet Asana I	63
Pet Asana II	65
Shoe Tie Asana	67
Phone Asana	69
Pick It Out Asana I	72
Pick It Out Asana II	75
<i>At Work</i>	
Chair Asana I	80
Chair Asana II	82
Chair Asana III	84
Revolved Chair Asana III	86
Chair Asana IV	88
Chair Asana V	90
Chair Asana VI	92
Grounding Asana	94
Neck Tilt Asana I	97
Neck Tilt Asana II	99
Neck Tilt Asana III	99
Workstation Ergonomics	100
Break-Time Series	104
<i>Driving</i>	
Drive Asana	113
Stoplight Asana	114
Filler-up Asana I	117
Filler-up Asana II	119
<i>Shopping</i>	
Waiting Asana	123
<i>Anywhere</i>	
Meditating on Each Moment	129
Contribute a Pose	131
Table of Difficulty Levels and Time	
Sorted by Time	133
Sorted by Difficulty	134
Balancing Poses	134
References	135
Glossary of Anatomical Parts	137
Index	141

List of Illustrations

Bathroom

Shave Asana, right leg up	17
left leg up	19
right leg up, arm wrapped	20
Brushing without intention	21
Brush Asana, with intention	22
Brushing Forward	
Dog Asana	24
Brushing Pigeon Asana	26
Revolved Brush Asana, arm outstretched	28
Revolved Brush Asana, arm across the body	31
Armpit Scrub Asana	32
Towel Asana	34
side view	36
without the towel	37
Prayer Asana	38
The Rack Asana	40

Bedroom

Sock Asana	45
Bed Asana I	47
Bed Asana II	48
Bed Asana III	50
Sleep Asana I	52
Sleep Asana II	53

Kitchen

Washing dishes without intention	57
Dishwashing Asana	57
Dishwashing Tree Asana	59

Anywhere in the Home

Pet Asana I	63
Pet Asana II	65
Shoe Tie Asana	67
Phone Asana	69
Phone Asana with Neck Tilt	71
Picking out a book without intention	72
Pick It Out Asana I	73
Pick It Out Asana II	75

At Work

Chair Asana I	80
Chair Asana II	82
Chair Asana III	84
Revolved Chair Asana III	86
Chair Asana IV	88
Chair Asana V	90
Chair Asana VI	92
Grounding Asana	94
with hands under heels	96
with arms wrapped around legs	96
Neck Tilt Asana I	97

Workstation Ergonomics

Feet not grounded	100
Feet firmly grounded	100
Poor posture	101
Good posture	101
Break-Time Series:	
Prayer Asana	105
The Rack Asana	106

Phone Asana with Neck Tilt	107
Pet Asana	108
Grounding Asana	109

Driving

Driving without intention	113
Driving with intention	113

Stoplight Asana	114
Filler-up Asana I	117
Filler-up Asana II	119

Shopping

Waiting without intention	123
Waiting Asana with intention	125

Preface

It seems as if our lives become more and more hectic as each year passes. We may cognitively know or feel in our bodies the need to exercise, but our list of excuses for not exercising seems endless.

And so I've written this book for you—you who know in your heart that you need and want to practice yoga, but never seem to be able to make time for it. I have created many postures that can be performed while you are doing other activities and many that can be done in a very short time without changing clothes. I also have included several postures created by others, which I have used with permission. If you have a posture that you would like to propose for a new edition of this book, see page 131 for more details.

During the development of this book several people commented to me that yoga done properly should be on a mat, with all of your attention in that direction. I wholeheartedly agree with this view. The difficulty is that there is a large segment of the world population who will not do that, at least not initially. This book is about meeting people where they are in their busy lives and bringing them a taste of yoga with the hope that it will improve their lives in some measure, and perhaps even get them onto a yoga mat.

Let me know what you think—good or bad. I am always interested in your feedback.

Namaste,
Joel DiGirolamo
(joel@jdigiolamo.com)

become detached from the deep still point within our souls. Keeping this concept in mind as we practice these asanas will allow us to enter them more deeply—both physically and spiritually.

Yoga

Some of you are probably wondering, “What in the world does all this ‘intention’ stuff have to do with yoga?” Well, yoga is not just moving through a bunch of physical exercises. While there is quite a bit of yoga knowledge in the West, we actually see only the tip of the iceberg.

Many yogic systems exist. The word “yoga” is Sanskrit for “union,” which is related to the English word yoke. The idea behind yoga is to seek union of our physical and conscious self with the Divine, or God. This is called enlightenment, or *samadhi* in Sanskrit. Enlightenment may be experienced through several interrelated yogic systems including:

Bhakti Yoga – union through love and devotion

Hatha Yoga – union through mastery of the physical body, including the breath

Jnana Yoga – union through knowledge

Karma Yoga – union through selfless service and action

Kundalini Yoga – union by opening the seven major cakras (chakras) in our body to allow the kundalini energy to flow from our perineum out through the crown of our head

Mantra Yoga – union through sound, including our own voice

Raja Yoga – union through control of the consciousness, primarily through meditation

Tantra Yoga – union through a blend of physical and ritualistic practices, usually involving Shiva and Shakti

Yantra Yoga – union through vision and form, including art such as mandalas

Bringing us back to the purpose of this book, while many of us do not seek enlightenment, it sure doesn't hurt to get a bit of physical exercise! And—if we experience a moment with God, or the Divine, along the way, well, that's a pleasant bonus.

Within the Hatha Yoga system, several specific regimens or types of practice have been developed. Some of these are:

Anusara Yoga – a hatha yoga practice emphasizing alignment and an open heart with a spiritual and tantric focus created by John Friend in 1997

Astanga (Ashtanga) Yoga – a practice of 32 postures with a vinyasa, or flow, between many of them, popularized by Sri K. Pattabhi Jois

Bikram Yoga – a practice of 26 postures done in a hot environment developed by Bikram Choudhury

Gentle Yoga – a loose term indicating yoga focused on slow stretches, flexibility, and breath

Iyengar Yoga – a practice focusing on proper physical alignment of each posture developed by B. K. S. Iyengar

Jivamukti Yoga – a blend of vinyasa (flow), chanting, and spiritual teaching developed by David Life and Sharon Gannon

Kripalu Yoga – a meditation and asana practice developed by Amrit Desai and Swami Kripalu which emphasizes prana, self-acceptance, and taking what is learned in the practice into daily life

Power Yoga – a loose term indicating a vigorous, vinyasa-style yoga

Vinyasa (Flow) Yoga – generally a practice focusing on flowing from one posture to another, similar to Astanga, but usually not as vigorous

A practice of Hatha Yoga will bring many benefits including improved sleep, digestive regularity, mobility, and a healthier, more balanced appetite. As we age, we must consider three important elements for our physical health:

- Flexibility
- Strength
- Balance

Hatha Yoga is the only system that I have found which incorporates all of these elements in one practice. Hatha Yoga is considered to be a practice of both breath and postures, or *asanas*. In this book I will use the Sanskrit word “asana” and the English words “pose” and “posture” interchangeably. Related traditional asanas will be provided with each of the new asanas I describe. The asana names will be given in both English and Sanskrit. All Sanskrit words are written as provided by Nicolai Bachman in *The Language of Yoga* with occasional references to other common spellings.

An Introduction to the Asanas

I have described each of the asanas in such a manner to help you understand how to get into them and how to get the most out of them—including the nuances that may not be so obvious. I have also listed the amount of time out of your day it may take you to perform the pose. Many of the postures take no time at all. They merely require a small effort on your part and an intention to maintain or improve your physical and mental health.

Each pose includes:

Time Required – Since it might be nice to begin with poses that require no additional time in your day, I have included a guide for the amount of time a pose may take.

Benefit – We often wish to target specific parts of our body to stretch or increase our range of motion. This element lists the general area of the body that will receive a benefit from the pose.

Difficulty – The difficulty of each pose is rated on a scale from one to five; a one-rated pose should be accessible to virtually anyone, and a five-rated pose may be accessible to only experienced yoga practitioners. I believe strongly that the more often you perform these poses the deeper you will be able to move into them and the more of them that you will be able to do. Be mindful not to push yourself too hard. An injury can set you back considerably, temporarily erasing any hard-won gains.

Muscles Awakened – Poses often stretch or strengthen several muscles. Knowing the muscles that each pose awakens can help you to focus your intention and maximize your benefit from it.

The index also lists the specific muscles awakened in each asana so you can easily find appropriate asanas if you wish to concentrate on a particular muscle or group of muscles. Some of these muscles as well as other anatomical descriptions may not be familiar to readers, and so I have provided a glossary of anatomical parts at the end of the book.

Description – A description is provided to prepare you for the pose, work yourself into the pose, and how to rest in the pose.

Traditional Asanas – Many times an asana demonstrated here may help with a traditional yoga asana. All traditional asanas referenced in this book are entered in the index. If you are looking for daily exercises that might help with Maricyasana (Marichyasana), look for Maricyasana in the index to find all of the asanas in this book that will aid in that traditional posture.

Variations – Some poses may be performed many ways, some easier, some more difficult, and some just for a nice variation.

Acknowledgment – For those cases where someone has contributed a pose I am including an acknowledgment.

To give you the best visualization of torso and limb positions, the models in the photos are wearing yoga-style, tight-fitting, stretch clothing. You, however, are not expected to wear yoga clothing during your daily activities. As long as you are wearing reasonably loose fitting clothing, you should be able to perform most of the poses.

Most of all—remember to have fun with these poses! Life is too short to pass up a moment of levity. See what you can do with a pose and don't forget the Millimeter Theory.

Brushing Forward Dog Asana



Brushing Forward Dog Asana

Time Required: 0 minutes

Benefit: lengthened calf muscles, aides in bending forward

Difficulty: 1

Muscles Awakened: gastrocnemius, soleus

Description: Place your feet back as far as you comfortably can, root down through the balls of your feet and lean forward, placing your hand against a faucet, sink or backsplash to support yourself. Gently lift the tops of your feet to deepen the stretch. As you breath, feel your calf muscles relax just a bit more on each exhalation. Bring attention to your toes. Relax your toes, ensuring that they are not digging into the floor. You will want to find a balance for how far back you place your feet. Locating them too far back will create too much tension in your calves and Achilles tendon. Placing them too far forward prevents you from gaining the optimal amount of stretch from this posture. If you are fortunate to have a patterned floor, once you have found a good location for your feet, you should have no problem quickly placing them in the optimal location each time.

Traditional Asanas: Downward Facing Dog Pose (Adho Mukha Svanasana)

Variations: Slightly bending each knee alternately will put a bit more pressure in the opposite leg, giving it an increased stretch.

Sock Asana



Sock Asana

Time Required: 0 minutes

Benefit: improved balance

Difficulty: 3

Muscles Awakened: gluteus maximus

Description: Grasp your sock, shift your weight to your left foot and root firmly through the four corners of that foot (located in the inner and outer edges of the heels and the base of the big toe and little toe joints in the balls of your feet). Hold this leg erect but slightly bent. Imagine the leg muscles hugging your bones. Engage your abdominal muscles and slowly raise your right foot, lean forward and pull your sock onto your foot. Slowly lower your right foot and repeat, raising your left foot.

Traditional Asanas: any standing pose, especially those in which you stand on one leg

Balance: a practice essential when
living in a universe of duality.

Dishwashing Tree Asana



Dishwashing Tree Asana

Time Required: 0 minutes

Benefit: improved balance and range of motion

Difficulty: 2

Muscles Awakened: hamstrings, quadriceps

Description: Begin by rooting firmly through the four corners of the foot that you will stand on first. The four corners are at the inner and outer edges of the heels and the base of the big toe and little toe joints in the balls of your foot. Place your weight on this foot, inhale and lengthen from the bottom of your foot up through your leg, hips, torso, neck, and up to the crown of your head. Exhale and begin to inhale while slowly raising your other foot, allowing it to slide up along the inside edge of your standing leg. Bring it up as far as is comfortable, gently pulling it up a bit with the opposite hand if you like. Continue your dishwashing in this position, switching legs at some point in order to give the other leg equal treatment. As you remain in this position it should be easier for you to focus on the present moment, including the dishes and your pose.

Traditional Asanas: Tree Pose (Vrksasana) and any balancing poses

Acknowledgment: Barb Pfeifle, Lexington, KY USA

Pet Asana II



Pet Asana II

Time Required: 0 minutes

Benefit: improved range of motion for the hips, toe strength, improved balance

Difficulty: 4

Muscles Awakened: gastrocnemius, hamstrings, soleus

Description: Stand in front of your cat, dog, rabbit, or other animal with your feet open into a V, heels a few inches apart, spaced so that your hand with fingers outstretched may comfortably fit between them. Inhale, stand straight and tall, exhale and slowly squat down toward your pet. Your heels may want to rise as you squat, which is perfectly fine. Slide your arms along the inside edge

of your knees, bringing your shoulders down as close to your knees as possible. Practice balancing on your toes if your heels are not on the floor. Continue to bring your shoulders toward the floor (or toward your pet) in front of you. Keep your back straight and bring your attention to hinging at the hip crease. On each inhalation, concentrate on lengthening your spine from your pelvis to the crown of your head. Breathe gently and deeply while continuing to enjoy bringing love to your pet.

Traditional Asanas: Noose Pose (Pasasana), Sage Marici Pose (Maricyasana)

Range: a span from lowest to highest.
Practicing yoga will increase your range
of motion, bringing freedom
to all parts of your life.

Shoe Tie Asana



Shoe Tie Asana

Time Required: 0 minutes

Benefit: improved range of motion for the hips, improved balance

Difficulty: 2

Muscles Awakened: erector spinae, gastrocnemius, hamstrings, piriformis, soleus

Description: Place your shoes on your feet and root down through your feet. They should be parallel, hip-width apart. Inhale, engage your quadriceps and abdominal muscles, then exhale and slowly bend forward from your hip crease and allow your arms to flow to the floor. Tie your shoes while continuing to breathe deeply and gently. As you inhale, feel your spine lengthen, your shoulders open and arms stretch out. As you exhale, feel your shoulders descend toward the floor just a bit more.

Traditional Asanas: Any balancing pose, any forward folding pose

Connecting with your body
while connecting with others...

Phone Asana



Phone Asana

Time Required: 0 minutes

Benefit: quadriceps stretch, opening for the shoulders and chest, balance

Difficulty: 4

Muscles Awakened: pectoralis, quadriceps, triceps

Description: This posture can easily be practiced while talking on the phone. I will describe this posture with the assumption that you are holding the phone in your right hand. If you are holding the phone in your left hand, simply switch the sides given in this description.

Root firmly through the four corners of your right foot. The four corners are at the inner and outer edges of the heels and the base of the big toe and little toe joints in the balls of your foot. Place your weight on this foot, inhale and ground firmly into the floor. Exhale, inhale, and lengthen your upper body toward the heavens. With each inhalation imagine bringing more space in between each vertebrae from your pelvis on up to the top of your spine. Exhale and begin to inhale while slowly raising your left foot, grasping the outside edge of the foot. Breathe deeply in this position for a few breaths. Notice how the toes and other muscles of your right foot wiggle to maintain balance. This foot remains active in this pose. Feel the stretch in your quadriceps of your left leg. When you are comfortable in this position begin to pull your left knee back toward the wall behind you. Keep your pelvis level with both hip points (ASIS, or Anterior Superior Iliac Spine) pointing straight ahead like the headlights on a car. In other words, do not allow the left side of your pelvis to rotate backward. Bringing awareness and attention to maintaining your left pelvis forward will also ensure you remain in the stretch. Continue to engage the glutes to pull your heel back. Relax your left arm and shoulder. Continue to breathe deeply in this pose until you are ready to come out of it. Repeat on the other side.

Traditional Asanas: Dancer Pose or Lord of the Dance Pose or Lord Shiva's Dance Pose (Natarajasana), all other balancing poses

Variations: You can increase the difficulty of this pose by adding a Neck Tilt at the same time. Of course this cannot be done while on the phone so it really becomes something other than “phone” asana, but we won’t quibble about it. Grabbing your back foot with both hands will also increase the stretch that this posture provides.



Phone Asana with Neck Tilt

Workstation Ergonomics

It is important that our workstations have proper ergonomics for our individual bodies. Each one of us is built differently. Some of us have longer torsos, longer legs, etc.

The following elements are critical for a healthy body:

- Chair height in relation to the floor
- Chair height in relation to your keyboard or writing surface
- Display and keyboard or laptop computer directly in front of you
- Display height in relation to your eye height
- Type of glasses worn and their relation in height to the display
- Type of navigational device, such as mouse, trackball, or tablet

Begin by adjusting your **chair** height so that your feet are flat, rooting down into the floor. When your feet are not flat, you become ungrounded and your knee joints will tire and become stressed. If your chair will not adjust properly you can add a cushion to your seat or obtain a footrest.



Feet not grounded



Feet firmly grounded

Once your feet are well grounded look at the relationship of your hands to your keyboard. Our hands are not naturally inclined to lie flat on a keyboard. Place your hands flat on a desk in front of you with your thumbs touching. Keeping your hands flat, rotate them so that your thumbs rise and your little fingers stay on the desk. Raise them to about a 45° angle. This is a natural position for your hands.

Keyboards may be purchased that allow your hands to stay in this position, thus minimizing stress on your hands, wrists, elbows, and all of the muscles in your upper arms. If you do find your fingers, wrists, arms, neck, or shoulders are tight or sore, massage and physical therapy can provide significant relief.

Your keyboard height should be adjusted so that your wrists are not bent up or down and that your upper arms hang comfortably at the sides of your body. If your keyboard is too high in relation to your shoulders, you will find that your neck and shoulders become sore and cramped from continually lifting your shoulders. If your keyboard is too low your wrists will become strained from bending



Poor posture



Good posture

backward. In general, if your forearms are parallel to the floor your keyboard will be at a good height for you.

If your keyboard height is not adjustable consider getting an adjustable keyboard tray or extender that allows considerable height and angle adjustment. Ideally you want your hands to stream straight out level with your forearms and wrists.

It is vital for you to place yourself directly in front of your keyboard and **monitor**. Placing your monitor to one side can cause substantial neck strain. If your keyboard is off to one side your torso must twist to place your hands on the keyboard. This puts considerable strain on many of the back, neck, and shoulder muscles.

The height of your monitor should be such that you can easily lengthen your spine and maintain a posture with your head over your shoulders. Your eyes should be looking slightly downward. If you are having to look up, you will strain your neck. Continually looking down will cause you to translate your head forward and down, causing turtle neck, as shown on the previous page.

By translating your throat back toward the wall behind you, your posture will improve. Imagine taking the portion of your neck just below your chin straight back, maintaining length in your neck.

The type of **glasses** that you use can also cause problems. If you spend a considerable amount of time in front of your computer wearing bifocal glasses, you may discover they cause neck strain because of repeatedly having to lift your head to look out of the bottom part of the bifocal. A good solution is to measure the distance from your monitor to your eyes and have your eye doctor

prescribe full-view glasses that provide optimum focus for this distance.

Several types of navigation devices are currently on the market, with the mouse being the overwhelming favorite. Since these devices are used for many hours each day, they may tend to cause repetitive stress conditions such as carpal tunnel difficulties, tendonitis, and tightness or tension in the upper arms, shoulders, and neck.

Using a **mouse** can cause tendonitis in the fingers from frequent button clicking and tendonitis in the upper arms. If you become sore from extended use of your mouse, consider switching hands. It will take time to gain proficiency but you may be surprised how short the learning curve is. Once you have mastered using both hands you can easily switch from side to side, providing a bit of relief. A trackball is another alternative, although I and many others have found that trackballs have a tendency to cause tendonitis in the upper arm.

An excellent alternative is a tablet with a stylus. These seem to cause fewer repetitive injuries and are reasonably priced.

As you are working, notice from time to time how you hold your **shoulders**. Are they taut and reaching for your ears? If so, relax them, bring them forward and backward and up and down. Try to maintain this fluidity and relaxed state as you work throughout the day.

Table of Difficulty Levels and Time

Sorted by Time

No Time At All

Armpit Scrub Asana
Brush Asana
Brushing Forward Dog Asana
Brushing Pigeon Asana
Chair Asana I
Chair Asana II
Chair Asana III
Chair Asana IV
Chair Asana V
Dishwashing Asana
Dishwashing Tree Asana
Filler-up Asana I
Filler-up Asana II
Pet Asana I
Pet Asana II
Phone Asana
Pick It Out Asana I
Pick It Out Asana II
Revolved Brush Asana
Revolved Chair Asana III
Shave Asana

Shoe Tie Asana
Sleep Asana I
Sleep Asana II
Sock Asana
Stoplight Asana
Waiting Asana

Less Than Three Minutes

Chair Asana VI
Grounding Asana
Neck Tilt Asana I
Neck Tilt Asana II
Neck Tilt Asana III
Prayer Asana
The Rack Asana
Towel Asana

Three to Five Minutes

Bed Asana I
Bed Asana II
Bed Asana III

Sorted by Difficulty

One

Armpit Scrub Asana
Bed Asana I
Bed Asana II
Brush Asana
Brushing Forward Dog Asana
Chair Asana V
Chair Asana VI
Dishwashing Asana
Filler-up Asana II
Grounding Asana
Neck Tilt Asana I
Neck Tilt Asana II
Neck Tilt Asana III
Pet Asana I
Prayer Asana
Sleep Asana II
Stoplight Asana
Waiting Asana

Two

Bed Asana III
Chair Asana I
Chair Asana II

Balancing Poses

Armpit Scrub Asana
Dishwashing Tree Asana
Pet Asana I
Pet Asana II

Dishwashing Tree Asana
Sleep Asana I
Shoe Tie Asana
Towel Asana

Three

Brushing Pigeon Asana
Chair Asana III
Filler-up Asana I
Pick It Out Asana I
Pick It Out Asana II
Revolved Chair Asana III
Sock Asana
The Rack Asana

Four

Chair Asana IV
Pet Asana II
Phone Asana
Revolved Brush Asana

Five

Shave Asana

Phone Asana
Pick It Out Asana II
Shoe Tie Asana
Sock Asana

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Glossary of Anatomical Parts

Achilles tendon: a tendon on the lower calf connecting the gastrocnemius and soleus muscles to the heel (calcaneus).

Adductors: a group of muscles that work to bring the legs together.

Anterior superior iliac spine (ASIS): the most forward point of the ilium, or upper portion of the pelvis. Also known as the hip points. These points are very useful to gauge the rotation of your pelvis.

Biceps: a muscle connecting the scapula and radius which works to flex the elbow.

Cervical spine: the upper seven vertebrae of the spine. Commonly referred to as the neck.

Coccyx: see tailbone.

Crown: the top of the head.

Deltoids: a group of three muscles that work to move the arm forward, backward, and away from the body (abduction).

Erector spinae: muscles of the back that work to extend, or flatten the back.

Femur: the large, sturdy, weight-bearing upper leg bone. Bipedal creatures require these large bones since the body weight is carried through two bones as opposed to four in quadrupeds.

Fibula: the lower leg bones, the fibula and tibia, carry the weight of the body and work together to allow rotation, flexion, and extension of the foot and ankle.

Gastrocnemius: a muscle of the calf that works to flex the knee and point, or extend, the foot. The gastrocnemius and soleus both tie in to the Achilles tendon.

Gluteus maximus: the large muscle of the buttocks that works to extend and externally rotate the leg.

Gluteus medius: a muscle underneath the gluteus maximus that works to abduct (move apart) and internally rotate the leg.

Gluteus minimus: a muscle underneath the gluteus medius that works to abduct (move apart) and internally rotate the leg.

Hamstrings: a group of muscles at the back of the leg that work to flex the knee and internally rotate the foot.

Humerus: the upper arm bone.

Infraspinatus: a muscle that works to externally rotate the upper arm.

Internal obliques: an abdominal muscle that works to bring its opposite shoulder forward and twist the chest.

Ischial tuberosity: the lowest point of the pelvic girdle. These are the points of the pelvis that the body rests on when seated on the floor or a chair. Also known as the sitting bones.

Latissimus dorsi: a large sheet of muscles on the back which work to pull the arm down. Also known as the lats.

Lumbar spine: the five lowest vertebrae of the spine. Also known as the lower back.

Pectineus: an adductor muscle that works to flex the upper leg, provide internal rotation, and bring the legs together.

Pectoralis: a group of muscles that work to pull the arms together.

Pelvis: a bowl-shaped set of bones that support the body weight and upward force of the legs. The pelvis provides an attachment point for many muscles of the legs and back.

Piriformis: a muscle that works to rotate the upper leg outward.

Quadriceps: a group of four muscles on the top of the thigh that work to extend the lower leg. Also called quads.

Radius: the forearm bones, the radius and ulna, work together to allow rotation, flexion, and extension of the wrists, hands, and fingers.

Rotator cuff: a group of shoulder muscles. In order for the shoulder joint to allow high mobility it must have a shallow socket. Tension provided by the rotator cuff muscles helps maintain the integrity of this joint. The rotator cuff muscles are supraspinatus, infraspinatus, teres minor, and subscapularis.

Sacrum: five fused vertebrae located between the two ilium bones of the pelvic girdle. The ilium-sacrum joint is called the sacroiliac (SI) joint. The sacrum appears as a keystone-type structure between the ilia and supports the lowest vertebra, L5.

Scalenes: a group of muscles that work to provide flexion of the neck.

Scapula: a highly mobile bone on the back providing numerous muscle attachment points which facilitate movement of the arms and shoulders. Also called the shoulder blade or angel wing.

Sitting bones: see ischial tuberosity.

Soleus: a calf muscle attaching to the Achilles tendon which works to point or extend the foot.

Sternocleidomastoid (SCM): a group of neck muscles that work to flex the neck and tilt the head.

Sternum: the bone at the front of the chest which connects most of the ribs.

Subscapularis: a rotator cuff muscle that works to internally rotate the upper arm.

Tailbone: four small rudimentary vertebrae under the sacrum, constituting the lowest portion of the spine. Also known as the coccyx.

Tensor fasciae latae (TFL): a muscle that works to internally rotate the upper leg and extend the lower leg.

Thoracic spine: the middle 12 vertebrae of the spine.

Tibia: the lower leg bones, the tibia and fibula, carry the weight of the body and work together to allow rotation, flexion, and extension of the foot and ankle.

Trapezius: a sheet of muscles on the upper back that assist body movement by working to bring the scapula upward, downward, and together. Also called the traps.

Triceps: a group of three muscles that work to extend the elbow.

Ulna: the forearm bones, the ulna and radius, work together to allow rotation, flexion, and extension of the wrists, hands, and fingers.

Index

A

Achilles tendon, 25, 120, 137, 138, 139
adductors, 51, 52, 137
Adho Mukha Svanasana, 25, 95, 115, 120
Anterior Superior Iliac Spine (ASIS), 70, 137
Anusara Yoga, 7
Ardha Baddha Padmottanasana, 64, 81
Ardha Baddha Padma Pascimottanasana, 27, 64, 81
Ardha Matsyendrasana, 30
Arm Pressure Pose, 18
Armpit Scrub Asana, 32, 133, 134
asana, 6, 7, 13, 14, 18, 23, 29, 35, 47, 71, 98, 116
Ashtanga Yoga, 7, *see also* **Astanga Yoga**
Astanga Yoga, 7, *see also* **Ashtanga Yoga**

B

Backbend, 39, 54, 115
Baddha Konasana, 27, 51, 52, 81, 83
Balasana, 76
Bed Asana I, 47, 133, 134

Bed Asana II, 48, 133, 134
Bed Asana III, 50, 133, 134
Bhakti Yoga, 6
Bhuja Pidasana, 18
biceps, 35, 137
Big Toe Pose, 18, 64
Bikram Yoga, 7
Bound Angle Pose, 27, 51, 52, 81, 83
Brush Asana, 21, 22, 23, 28, 31, 133, 134
Brushing Forward Dog Asana, 9, 24, 133, 134
Brushing Pigeon Asana, 26, 133, 134

C

cakra, 6, *see also* **chakra**
calf, 25, 81, 89, 119, 120, 137, 138, 139
cervical spine, 41, 64, 93, 137
Chair Asana I, 80, 133, 134
Chair Asana II, 82, 133, 134
Chair Asana III, 84, 133, 134
Chair Asana IV, 88, 133, 134
Chair Asana V, 90, 133, 134
Chair Asana VI, 92, 133, 134
Chair Pose, 33

chakra, 6, *see also* **cakra**

Child Pose, 76

computer, 9, 100, 102, 104

Cow Face Pose, 35, 54

D

Dancer Pose, 70

deltoids, 29, 33, 41, 53, 115,
117, 137

Dishwashing Asana, 57, 133, 134

Dishwashing Tree Asana, 59, 133,
134

Downward Facing Dog Pose, 25,
95, 115, 120

Drive Asana, 113

E

Eagle Pose, 89

enlightenment, 6

Equal Standing Pose, 23, 58, 124

erector spinae, 33, 49, 53, 63, 67,
73, 85, 87, 94, 137

ergonomics, 100

Extended Side Angle Pose, 30

Extended Triangle Pose, 30

F

feet, four corners of, 23, 29, 35,
46, 60, 64, 70, 119

Fierce Pose, 33

Filler-up Asana I, 117, 133, 134

Filler-up Asana II, 119, 133, 134

Foot Hand Pose, 18, 64

G

Garudasana, 89

gastrocnemius, 25, 63, 65, 67, 73,
119, 137, 138

Gentle Yoga, 7

gluteus maximus, 17, 29, 45, 49,
85, 87, 94, 138

gluteus medius, 89, 138

gluteus minimus, 138

Go Mukhasana, 35, 54

Grounding Asana, 94, 96, 104, 109,
133, 134

H

**Half Bound Lotus Back Stretched
Out Pose**, 27, 64, 81

**Half Bound Lotus Stretched Out
Pose**, 64, 81

Half Fish Lord Pose, 30

hamstrings, 17, 18, 60, 63, 65, 67,
94, 138

Hatha Yoga, 6, 7, 135, 136

Hero Pose, 76

I

infraspinatus, 35, 39, 138, 139

intention, 3, 4, 5, 6, 8, 13, 15, 18,
21, 22, 23, 47, 51, 55, 57, 58, 61,
72, 73, 74, 81, 95, 98, 113, 123,
124, 125, 129

internal obliques, 29, 87, 138

ischial tuberosity, 39, 138, 139

Iyengar Yoga, 7

J

Janu Sirsasana, 51, 52

Jivamukti Yoga, 7

Jnana Yoga, 6

K

Karma Yoga, 6

keyboard, 9, 79, 100, 101, 102

Knee Head Pose, 51, 52

Kundalini, 6

Kundalini Yoga, 6
Kurmasana, 18, 95

L

latissimus dorsi, 29, 33, 35, 39, 53,
115, 138
Lord of the Dance Pose, 70
Lord Shiva's Dance Pose, 70
Lotus Pose, 27, 81, 83
lumbar spine, 23, 35, 138

M

Mantra Yoga, 6
Marichyasana, *see* **Maricyasana**
Maricyasana, 14, 18, 30, 66, 74, 85,
87, 89, 95
meditation, 3, 6, 7, 23, 55, 58, 121,
124, 129, 135
Millimeter Theory, 10, 14
Monkey Mind, 5, 23
Mountain Pose, 23, 58, 124

N

Natarajasana, 70
Neck Tilt Asana I, 97
Neck Tilt Asana II, 99
Neck Tilt Asana III, 99
Noose Pose, 66, 74

O

**Oblique Face One Leg Back
Stretched Out Pose**, 76
obliques, 29, 87, 138

P

Pada Hastasana, 18, 64
Padangusthasana, 18, 64
Padmasana, 27, 81, 83
Parivrtta Parsvakonasana, 30

Parivrtta Trikonasana, 30
Pasasana, 66, 74
Paschimottanasana, 64
pectineus, 27, 81, 83, 138
pectoralis, 29, 33, 35, 39, 41, 53,
70, 115, 117, 138
pelvis, 23, 29, 30, 35, 41, 54, 58, 66,
70, 123, 124, 137, 138
Pet Asana I, 63, 104, 108, 133, 134
Pet Asana II, 65, 104, 108, 133, 134
Phone Asana, 69, 71, 104, 107,
133, 134
Pick It Out Asana I, 72, 73, 133,
134
Pick It Out Asana II, 75, 133, 134
piriformis, 63, 67, 89, 138
Power Yoga, 7
prana, 7, 8, 47, 58, 124
pranayama, 8, 135
Prasarita Padottanasana, 41, 64,
118
Prayer Asana, 38, 104, 105, 133,
134

Q

quadriceps, 29, 47, 60, 64, 68, 70,
74, 75, 89, 138
quads, *see* **quadriceps**

R

Rack Asana, 40, 104, 106, 133, 134
Raja Yoga, 6
repetitive strain injury (RSI) 79
Revolved Brush Asana, 28, 31, 133,
134
Revolved Chair Asana III, 86, 133,
134
Revolved Side Angle Pose, 30
Revolved Triangle Pose, 30
rotator cuff, 139

S

Sage Marici Pose, 18, 30, 66, 74, 85, 87, 89, 95
samadhi, 6
Samasthiti, 23, 58, 124
scalenes, 97, 99, 139
scapula, 79, 81, 93, 137, 139, 140
SCM, 97, 99, 139
Shave Asana, 17, 19, 20, 133, 134
Shoe Tie Asana, 67, 133, 134
Side Angle Pose, *see* **Extended Side Angle Pose** *or* **Revolved Side Angle Pose**
sitting bones, 39, 81, 83, 85, 87, 94, 98, 99, 138, 139
Sleep Asana I, 52, 133, 134
Sleep Asana II, 53, 133, 134
Sock Asana, 45, 133, 134
soleus, 25, 63, 65, 67, 73, 119, 137, 138
sternocleidomastoid (SCM), 97, 99, 139
Stoplight Asana, 114, 133, 134
subscapularis, 35, 39, 139
Sun Salutation, 33
Surya Namaskara, 33

T

Tadasana, 23, 58, 124
Tantra Yoga, 6
tennis ball, 91
tensor fasciae latae (TFL), 27, 81, 83, 139
TFL, 27, 81, 83, 139
thoracic spine, 64, 139
Three Limbs Face One Foot
Western Intense Stretch Pose, 76
Tiryan Mukhaikapada
Paschimottanasana, 76

Tortoise Pose, 18, 95

Towel Asana, 34, 36, 37, 133, 134

translate (top of the throat or head), 98, 102, 118

translation, *see* **translate**

trapezius, 35, 99, 140

Tree Pose, 60

Trianga Mukhaikapada

Paschimottanasana, 76

Triangle Pose, *see* **Extended Triangle Pose** *or* **Revolved Triangle Pose**

triceps, 29, 33, 35, 39, 53, 70, 140

Trikonasana, *see* **Parivrtta**

Trikonasana *or* **Utthita**

Trikonasana

U

Upward Bow Pose, 39, 54, 115

Urdhva Dhanurasana, 39, 54, 115

Utkatasana, 33

Uttanasana, 64

Utthita Parsvakonasana, 30

Utthita Trikonasana, 30

V

vinyasa, 7

Virabhadrasana, 33

Virasana, 76

Vrksasana, 60

W

Waiting Asana, 123, 125, 133, 134

Warrior Pose, 33

Wheel Pose, 39, 54, 115

witness state, 9

workstation ergonomics, 100

Y

Yantra Yoga, 6

About the Author

Joel DiGirolamo began practicing yoga at age 12 when his grandfather died. It was at this time that he discovered the book *Yoga and Health* by Selvarajan Yesudian and Elisabeth Haich at his grandfather's house. True to the cycle of death and rebirth, the death of his grandfather gave birth to Joel's spiritual and physical awakening.

At this early age he mastered yoga poses using only this book for guidance and continued practicing by himself on and off over the years. In 2005 he began an Astanga (Ashtanga) Yoga practice in a classroom setting and currently instructs beginning Astanga Yoga students. He is working on his yoga teacher training certificate and maintains a personal daily yoga practice.

While working in the corporate realm much of his day, he became curious as to how he could further incorporate yoga into his daily life—and so the idea of this book was born.

YOGA IN NO TIME AT ALL

Yoga is one of the few activities that promotes vitality for all our physical elements: strength, flexibility, and balance. In addition, yoga can encourage a sense of stillness and quiet.

Yet, we commonly hear several reasons for not practicing yoga or exercising:

- No time
- No money
- No energy

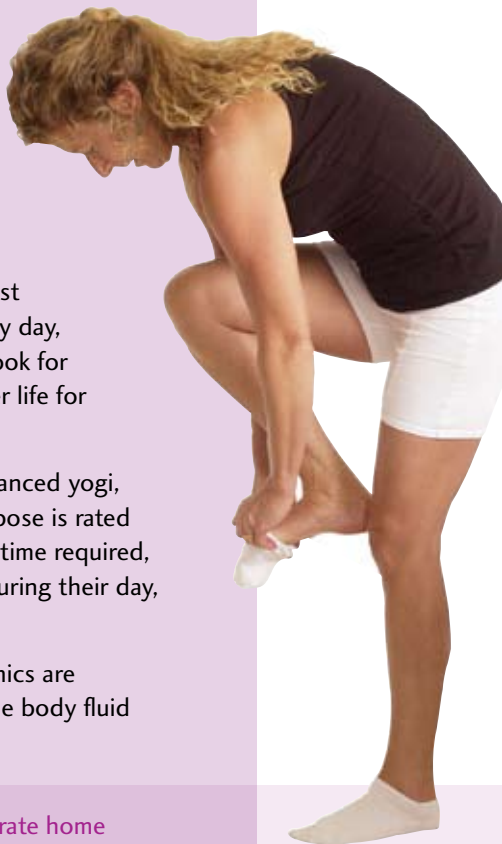
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Valuable tips for correct workstation ergonomics are provided along with brief exercises to keep the body fluid and moving throughout the day.

“I am always looking for easy ways to incorporate home exercises into my patients’ busy lives. For this, **Yoga in No Time at All** is an excellent resource, providing numerous exercises that take little or no effort or time.”

— Gail Freidhoff, PT, SCS, ATC-L,
University of Kentucky Sports Physical Therapy



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