



YOGA FOR TRANSLATORS

A translator's job requires long periods of sitting that can affect your health. There are several health issues to consider regarding desk jobs, and sitting affects your posture, mental health, and stress levels. It may also contribute to specific medical problems, such as cardiovascular diseases and carpal tunnel syndrome (how to avoid this syndrome find in the AIT Healthy Translator Series: Part 1). Do these exercises and stay healthy with yoga for translators.



1. STANDING FORWARD BEND

Inhale as you raise your arms. As you exhale, engage your thighs, pull the belly in and up deep from the pelvic floor, and bend forward, hinging from the hips. Place your hands/fingertips on the floor, in front of your feet, or hold onto the back of your ankles or calves.



2. BOAT POSE

Sit with knees bent. Place hands underneath knees. Tip back on the sitz bones and draw the lower back in and up as you hug your abs toward your spine. Lift shins parallel to the floor. Then stretch arms forward. Finally, straighten knees if you can.



3. CAMEL POSE

Come to a kneeling position with your pelvis stacked over your knees and your thighs parallel. On an inhalation, arch your back to lift your chest toward the ceiling and take the crown of your head towards the back of the room. Reach your hands back to your heels one at a time.



4. DOWNWARD-FACING DOG

From all fours, walk your hands 6 inches in front of you. Tuck your toes and lift your hips up and back to lengthen your spine. If your hamstrings are tight, keep your knees bent in order to bring your weight back into the legs.



5. WARRIOR I POSE

Start in Downward-Facing Dog. Step one foot forward between your hands. Turn your back foot out, 45 degrees, and ground down into your back foot. Line your feet up heel to heel, or slightly wider. Bend the front knee directly over the front ankle while you straighten your back leg. On an inhale, lengthen through the spine and lift your arms up.



6. WARRIOR III POSE

From Warrior I, hinge forward at the hips. Rest your abdomen on your front thigh. Step the back foot in and shift your weight into your front foot. On an inhale, lift your back leg off the ground, straighten through the leg, and reach through your back heel. Press your palms together in front of your sternum and gaze forward.