

## **Alexandra Magold**

Good morning. Today's Smart Saturday. My name is Alexandra Magold and it is a great pleasure to welcome Shiri Yaniv. She's an ex researcher, she's a scientific editor and she's a brilliant yoga teacher, which makes her the perfect person to help us counteract the weird contortions that we sometimes have to put ourselves into while working in a lab.

## **Shiri Yaniv**

The first thing that happens a lot when you're in the lab is that the shoulders and the neck get really, really tight or and or that you're going to sit really slumped. So the first thing I'm going to show is how to open up the chest and the shoulders. So it's a very simple exercise, basically just stand. You clasp the hands, push them back, bring both hands to one waist and then try and bring the elbows towards each other.

## **Shiri Yaniv**

And once you do that, let the head fall to one side to get a nice stretch in the neck. So like three or four breaths and then the other side. And then bring the hands back, move the hands to the other hip. So each time you have one hand on the hip, you're going to stretch both sides of the neck. Though you really have to be very careful not to overstretch the neck. So that's a really wonderful shoulder thing. Another couple other things, let me see if you can see it.

## **Shiri Yaniv**

So for the hips, the first thing is very easy.

## **Shiri Yaniv**

Just place one foot on top of the hip and just lean forward place one hand, on the knee one hand on the ankle and just kneel forward until you can feel the stretch on the outside of the hip. Yeah, it's a really good stretch for the hip flexor again. You can stay as long as you want. I usually say like five or six breaths. I mean, just noticing your breath and doing that is enough to just calm you down. So this is one thing, try and stay with a nice straight back.

## **Shiri Yaniv**

And the last thing is also for the hips, but it's also really good for the back. So now you go like you're sitting in a coffee house to basically knee over knee, left hand on right knee, right hand on the chair and twist.

## **Shiri Yaniv**

Nice straight back, so on the inhale, imagine that you're growing a little bit taller and on the exhale twist. Now notice, though, that your head kind of stays over the chest, so don't overextend the head all the way over your shoulder.

### **Shiri Yaniv**

And just switch sides. A couple of very easy stretches that you can do while you're sitting next to the computer, take a couple of just take a short break and do this.

### **Alexandra Magold**

That feels amazing. I feel way better, already. Thank you so much.

### **Shiri Yaniv**

I have a teacher, the calls you know Mr. Burns from from The Simpsons.

### **Alexandra Magold**

Yeah, yeah, yeah, yeah, yes.

### **Shiri Yaniv**

Yeah, that is exactly how you feel. After ten hours in the lab.

### **Shiri Yaniv**

What the Western world considers yoga is just what's the Asana practice. So it's just the physical poses and yoga is made up of actually eight different things. And one of them is pranayama, which is literally the control of breath. Like there's there's the fight or flight or the rest and digest. It's kind of bringing them back into balance. So basically it's just inhaling on a count and then exhaling on a count.

### **Shiri Yaniv**

But what's important is to have the exhales a little bit longer than the inhales. So we're just going to inhale on four, three two one. Hold for two, one, two and exhale on six. One, two, three, four, five, six. Inhale, two, three, four. Hold two exhale. Two, three, four, five, six. Inhale, two, three, four. Hold two exhale. Two, three, four, five, six.

### **Shiri Yaniv**

And just by doing this three or four times, it automatically relaxes your body. And the more you do this, you know you can make the inhales a little bit longer of the holding is actually really good to hold up to

four. But just make sure that the exhale is a little bit longer, like by two or three counts than the inhale. And it's it's just like this great little tool when you're frustrated with something just to step back, take three or four breaths, everything looks a little bit different afterwards.

**Alexandra Magold**

I love this, I can already feel the tension in the back of my head, like melt away. I really love it.

**Shiri Yaniv**

Pranayama is something that I never did before I did my teacher training and now I love it.

**Alexandra Magold**

Yeah, well, wow, Shiri that was amazing. Thank you so much.

**Alexandra Magold**

Do you have any online resources where people can find more about it?

**Shiri Yaniv**

I'm doing this semi-professionally. I post stuff on Facebook and my Instagram, but not too much. But if anybody has any specific questions, I'm like, it's totally wonderful to just make contact through Facebook, through Instagram, and I'll be happy to answer any questions.