



# Yoga for Writers

*Tricia Jones*

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## **Yoga for Writers** Tricia Jones

A short dip-in/dip-out basic guide to yoga techniques beneficial for writers. These techniques can help alleviate some of the tension and stiffness which accumulate in the body while working at a desk for long periods of time. You can practise one or two stretches specific for your own particular needs, or preferably work through all exercises given to help offset the build up of stiffness and discomfort through the whole body. While this is a practical guide aimed at the physical body, yoga's benefits also seep into the mental and emotional realms. This stretches will also benefit anyone who sits for long time periods.

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