

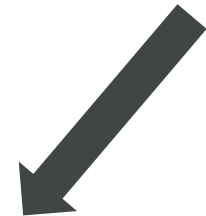
GALLUP®

How Yoga made me a better developer

By Kim DeSenno
UX Developer at Gallup
“Front of the front end”



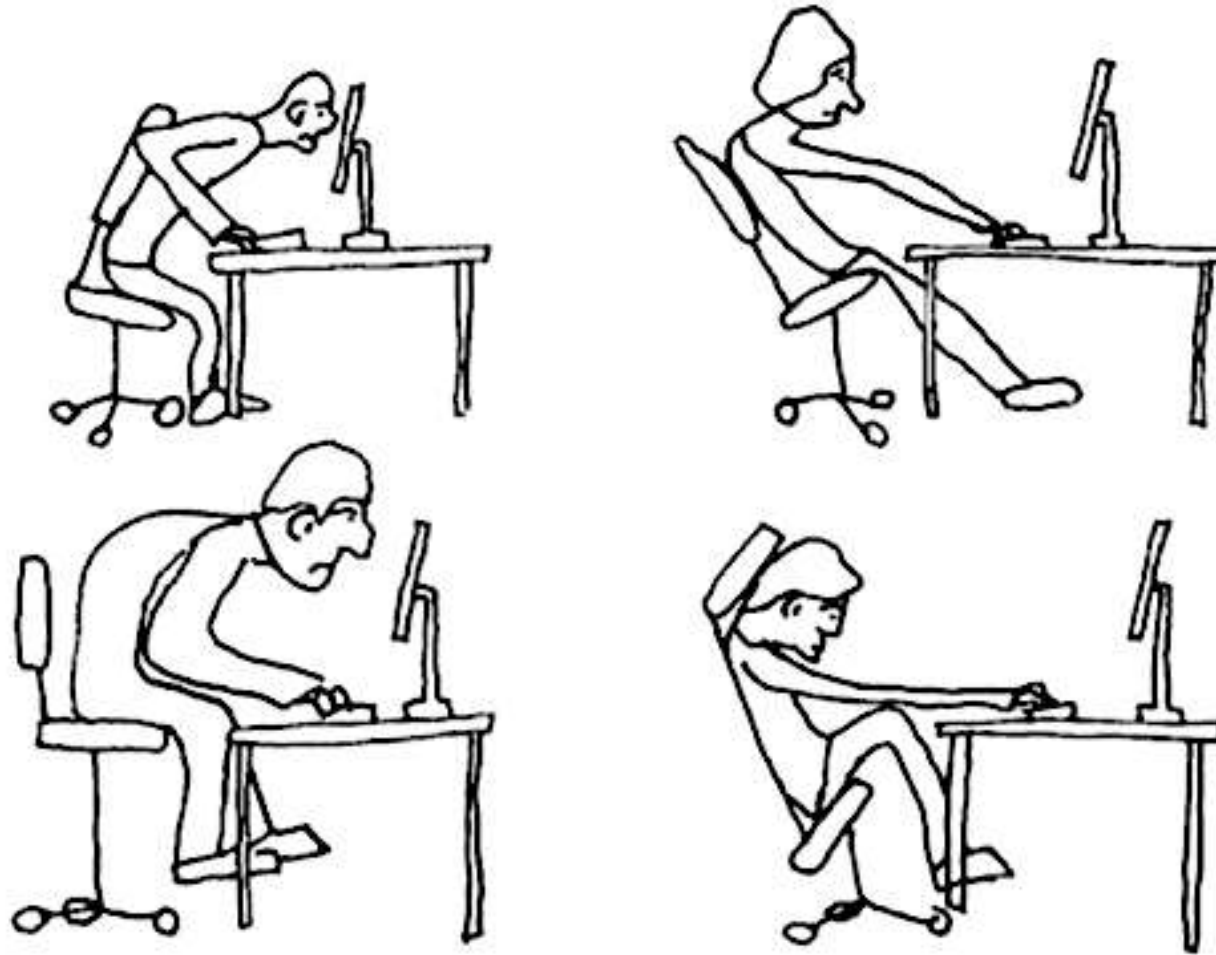
SQL knowledge



Is sitting the new smoking?

Studies say “maybe?”

What is “Programmer Back?”



BAD POSTURE (EXAMPLES OF)

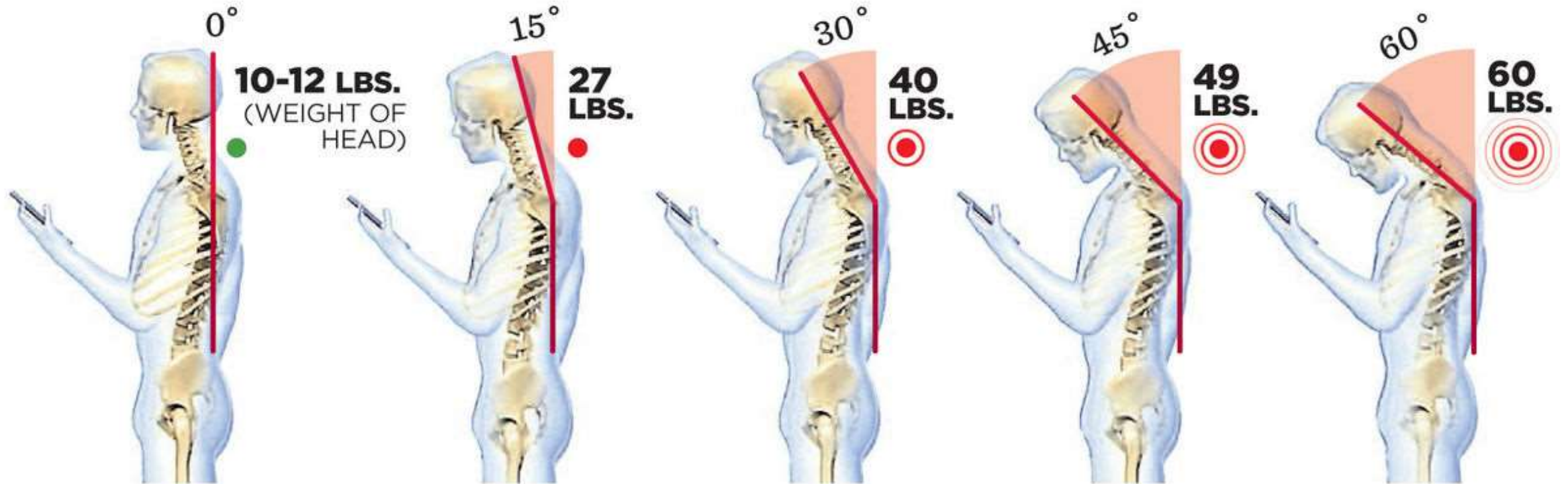
The Problems with Sitting

1. COMPRESSION OF INTERVERTEBRAL DISCS
2. REDUCED STRENGTH
3. TIGHTNESS IN THE HIP FLEXORS
4. HUNCHED SHOULDERS AND ROUNDED UPPER BACK
5. REDUCED ABDOMINAL STRENGTH
6. REDUCED LEG STRENGTH

New Problem : “Text Neck”

WATCH YOUR PHONE POSTURE

The pressure on the spine dramatically increases when the head is tilted forward. This stress to the spine can lead to early wear, tear and possible surgeries, according to research by Kenneth Hansraj in the National Library of Medicine.



SOURCE: SURGICAL TECHNOLOGY INTERNATIONAL

Can you get 'horns' from smartphone use?



ARE WE ALL DOOMED?

What do yogis and programmers have in common?



I'm not flexible!



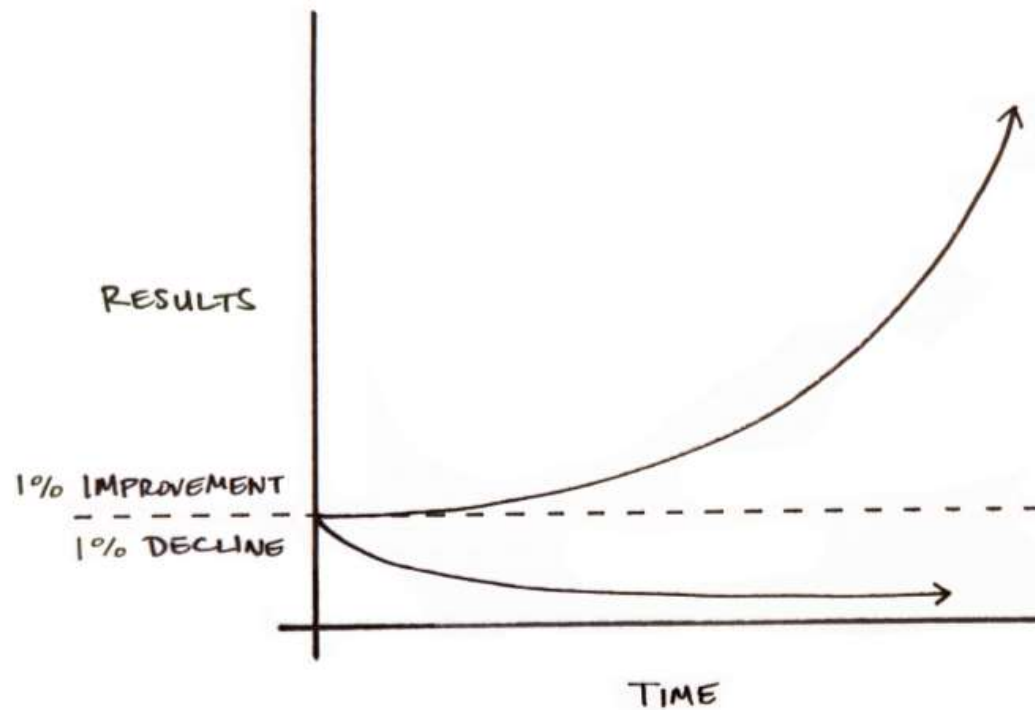
I like to drink beer & eat burgers!



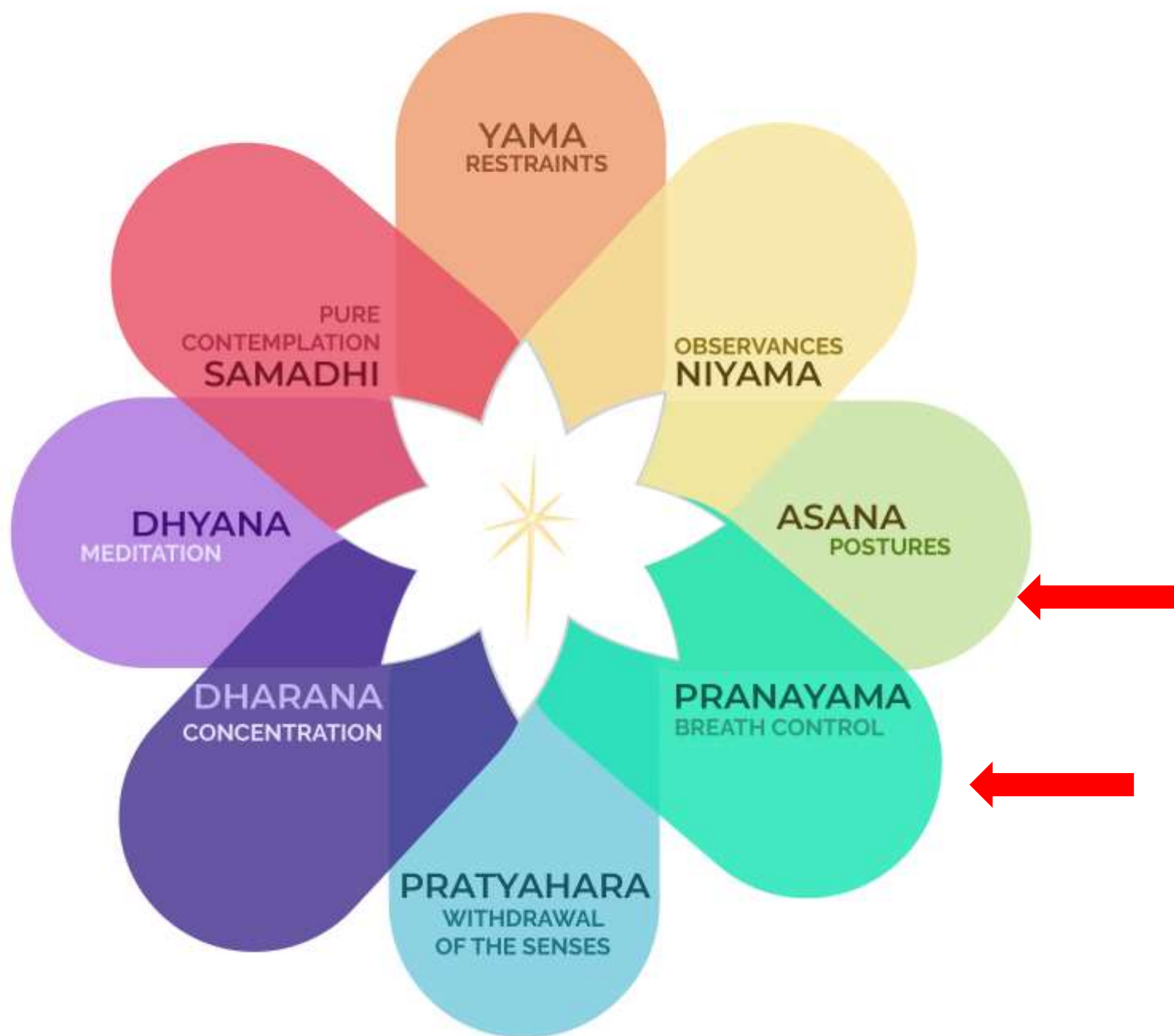
1% BETTER EVERY DAY

1% worse every day for one year. $0.99^{365} = 00.03$

1% better every day for one year. $1.01^{365} = 37.78$



IANAD



Now for the fun stuff!



Breathing is Hard!

- A “NATURAL TRANQUILIZER” FOR THE NERVOUS SYSTEM.”
- SOOTHE A RACING HEART
- CALM FRAZZLED NERVES



How to do 4-7-8 Breathing



10 essential poses (and benefits)

Side Bend (Half Moon):

- strengthens every muscle in the body's core,
- Increases flexibility in the spine
- Helps correct bad posture

Backward Bend:

- Stretch the hip flexors
- Opens up the shoulders and chest, an area where lots of us hold tension.
- By increasing mobility and awareness of the spine backbends improve posture and can help to alleviate some kinds of back and neck pain.

Forward Bend:

- Increases flexibility of spine and sciatic nerves
- Strengthens the thighs and knees
- Stretches the hamstrings, calves, and hips
- Calms the brain and helps relieve stress and mild depression
- Therapeutic for asthma, high blood pressure, infertility, osteoporosis, and sinusitis

Awkward 1 & 2:

- Strengthens all muscles of thighs, calves and hips.
- Increases hip flexibility
- Increases blood circulation in knees and ankles
- Firms upper arms

Eagle:

- Flushes lymphatic system
- Improves flexibility of hips, knees, ankles, shoulders, wrists.
- Crossing the midline- helps development of motor and cognitive skills needed for left-right brain communication.

Standing Balancing:

- Develops patience & concentration
- Strengthens core, quadriceps and glutes
- Improves flexibility of sciatic nerves.

Tree:

- Strengthens thighs, calves, ankles, and spine
- Improves sense of balance
- Relieves sciatica and reduces flat feet

Spine Twist:

- Stimulates the liver and kidneys, improved digestive function
- Stretches the shoulders, hips, and neck
- Relieves fatigue, sciatica, and backache
- Maintain Normal Spinal Rotation
- Traditional texts say that spine twisting destroys most deadly diseases, and awakens kundalini.

Savasana “Corpse Pose”:

- Savasana is a pose of total relaxation—making it one of the most challenging.
- Calms the brain and helps relieve stress and mild depression
- Relaxes the body
- Reduces headache, fatigue, and insomnia
- Helps to lower blood pressure



"You should sit
in meditation for
20 minutes a day,
unless you're too busy;
then you should sit
for an hour"

-Old Zen saying

rawidentity.com

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Great!

This session was a valuable
use of my time.

Almost...

I got some value out of
attending this session

Nope.

This session was of little or
no value to me.

Leave a constructive comment

Submit your Evaluation

NebraskaCode.amegala.com/Schedule