

Yoga during work hours

The yoga classes is a part of the arrangement “1 hour exercise during workday”. Instructor is [Lise Konow Linnerud](#). Lise has education in mindfulness from NTNU, 200-hours teacher training (RYT200) and 55-hour additional teacher training in dynamic yoga (vinyasa). She has practiced yoga regularly for 6 years.

The classes will suit most people, you do not have to be flexible or athletic. There will be breathing exercises, warm-ups, classical yoga poses and relaxation.

We use meeting room **Ørneredet (G-building, 3rd floor)** where yoga mats are available. You may bring your own mat if you have one.



Focus on yourself and do your best with the body you have. Comparing with others does not make sense in yoga.

By regular practice over time you can experience an increased degree of calm, deeper breathing, improved strength and flexibility in muscles and joints as well as better posture. All of this contributes to increased everyday well-being and higher energy.

The poses in yoga (asanas) affects the endocrine system in your body, inner organs, the spine, muscles, nerves and joints. This is why yoga can be called «innercise» unlike exercise.

Custom in yoga classes

- Leave shoes outside the yoga room. Bring outerwear and valuables inside, mute/no vibration mobilephone or flightmode.
- The door will be closed at time. Come early enough to register, roll out your mat and calm down.
- Everyone focuses on themselves during class
- Show respect for the other participants in class. If you must leave before end of class, please do so in silence before everybody lies down for the final relaxation.
- After class: Wipe off the borrowed mat, roll it together and put it back in the cabinet
- It's recommended not to eat 2 hours before a yoga class, and to wait until after class to drink
- Feel free to inform the instructor about serious injuries/conditions (eg. heart condition, neck/back/knee injury, blood pressure), as some postures should be avoided or adjusted
- Pregnant women who are new to yoga should attend pregnancy yoga classes – for safety