

Chair Yoga Exercises

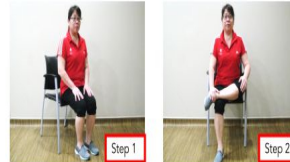
Breathing Exercises



Sun Breath Stretching Exercise



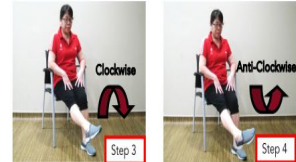
Pigeon Pose Stretching Exercise



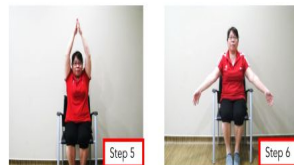
Ankles Relaxation Exercise



Neck Rotation Exercise



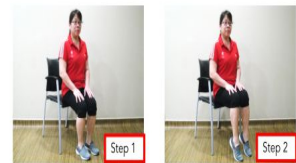
Shoulder Shrugs Exercise



Lumbar Extension Stretching Exercise



Stretches for Shin Muscles



Sun Breath Twist Exercise



Cat-Cow Stretching Exercise



Hand Stretching Exercise



Stretches for Calf Muscles

