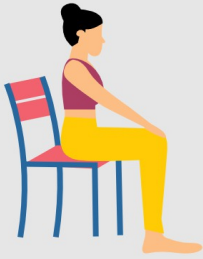
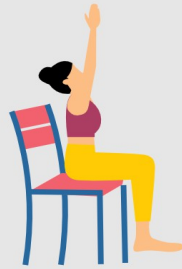


Chair Yoga Poses for Seniors

SEATED MOUNTAIN



SEATED FORWARD BEND



SIMPLE SEATED TWIST



OVERHEAD STRETCH



NECK STRETCH



REVERSE ARM HOLD

