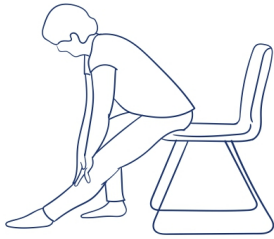
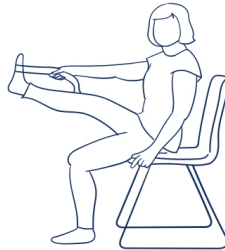


# CHAIR YOGA POSES



**1. SINGLE LEG FORWARD BEND**



**2. HAMSTRING STRETCH**



**3. GLUTE STRETCH**



**4. SEATED HERO'S POSE**



**5. CHAIR YOGA LUNGE POSE**



**6. HALF SPLITS POSE WITH A CHAIR**