

CHAIR YOGA EXERCISES

SQUAT TO BALANCE

A
Hold back of
chair with one
hand



B
Bend both knees,
look straight
ahead



C
Come up and
balance on one
leg for 4-5 secs



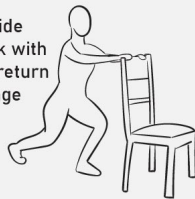
Repeat 4-8 times each side

REVERSED LUNGE

A
Hold onto back
of a chair as
shown



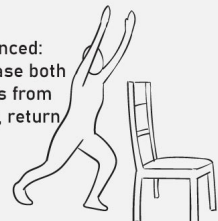
B
Take a wide
step back with
one leg, return
and change
legs



C
Advanced:
Releases
one hand
from chair,
return
to A



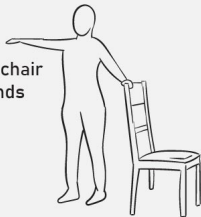
D
Advanced:
Release both
hands from
chair, return
to A



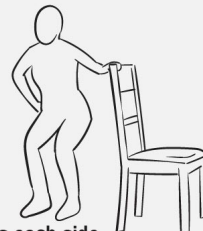
Repeat chosen option 4-6 times each side

SQUAT TO BALANCE

A
Hold back of chair
with both hands



B
Hold back of
chair with both
hands



C
Straighten both
knees, then try to
balance on one
leg for 2-3 sec.



Repeat 4-8 times each side