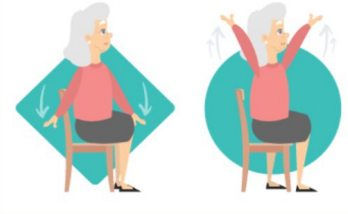


CHAIR YOGA POSES FOR SENIORS

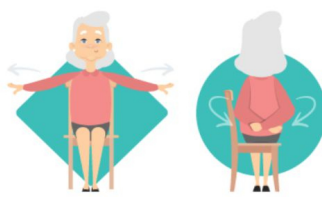
1. OVERHEAD STRETCH



2. NECK STRETCH



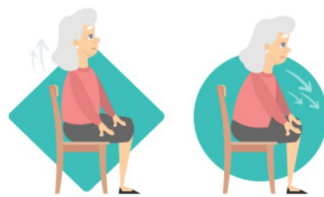
3. REVERSE ARM HOLD



4. CHAIR PIGEON



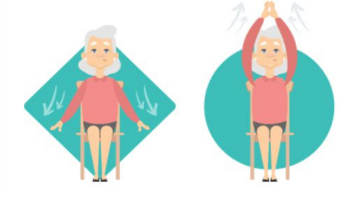
5. SEATED FORWARD BEND



6. EAGLE ARMS



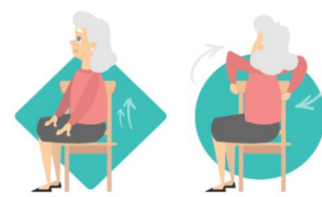
7. CHAIR WARRIOR



8. CAT-COW STRETCH



9. CHAIR SPINAL TWIST



10. SEATED MOUNTAIN

