

# CHAIR YOGA

## LEVEL 2/CLASS 1



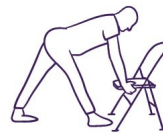
Triangle



Variation - Knee



Slightly Bent



Front Leg Stretch



Variation 1



High Plank



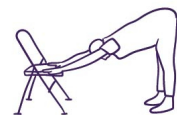
High Plank-  
Knee to Chest 1



High Plank-  
Knee to Chest 2



High Plank-  
Knee to Chest 3



Downward Facing Dog