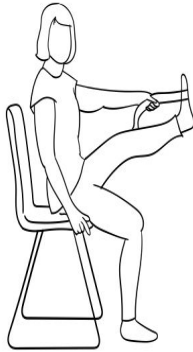


EASY CHAIR YOGA FOR SENIORS

SINGLE LEG FORWARD BEND



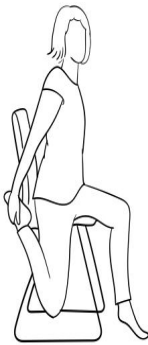
HAMSTRING STRETCH



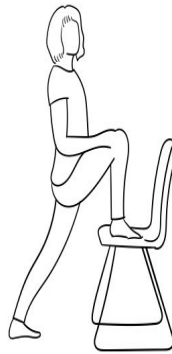
GLUTE STRETCH



SEATED HERO'S POSE



CHAIR YOGA LUNGE POSE



HALF-SPLITS POSE WITH A CHAIR

