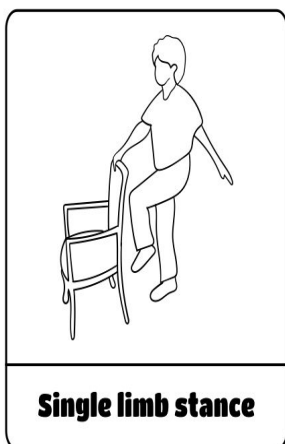
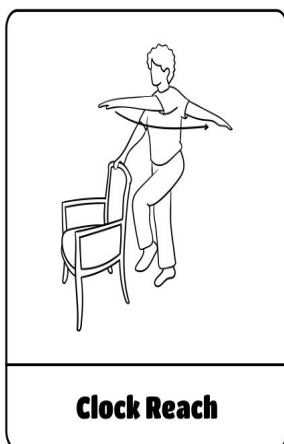


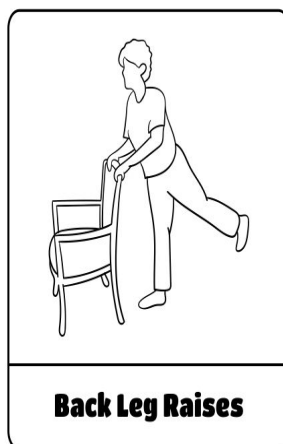
CHAIR YOGA EXERCISES FOR SENIORS



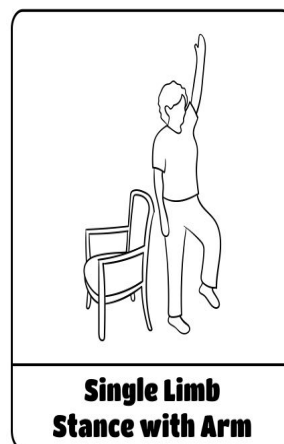
Single limb stance



Clock Reach



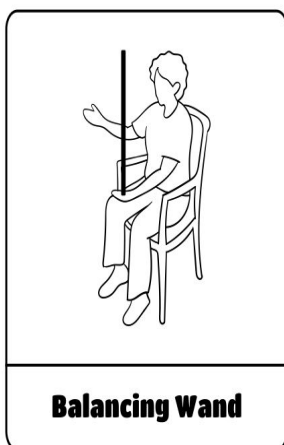
Back Leg Raises



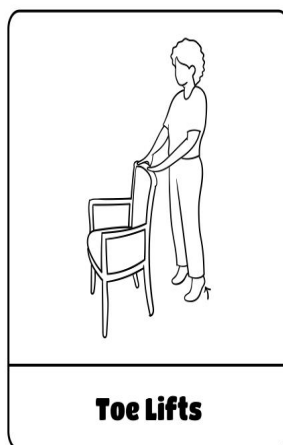
**Single Limb
Stance with Arm**



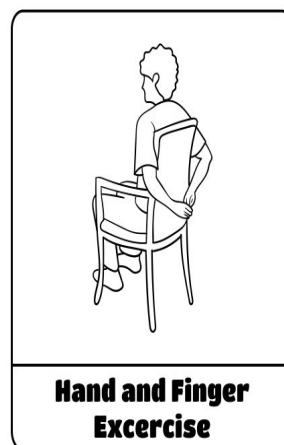
Side Leg Raise



Balancing Wand



Toe Lifts



**Hand and Finger
Exercise**