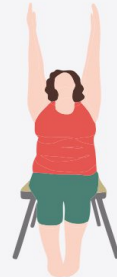


Senior Chair Yoga Poses

Extended
Mountain Pose



Forward Fold



Cat/Cow



Spinal Twist



Hamstring Stretch



Lunge Stretch



Pigeon Pose

