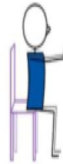




Chair Heart Centre



Chair Up Dog



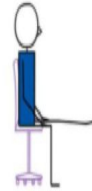
Chair Arms Out



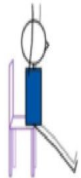
Chair Side Bend I



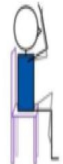
Chair Arm Circles



Chair Ankle Curl



Chair Down Dog
Arms Up



Chair Eagle



Chair Arms Heels Up



Chair Twist Fold
Right



Chair Twist Fold Left



Chair Arms Up Toes
Up



Chair Blast Offs



Chair Lunge I



Chair Abdominal
Breath

Chair Yoga For Seniors