

Chair Yoga Exercises

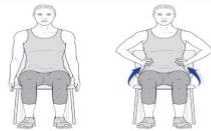
DIRECTIONS

Most positions begin using the same seated position (called Sit tall):
 Sit in a chair with feet planted firmly on the floor.
 Back straight (to elongate your spine)
 Hands may be at your sides or on your legs



1 SEATED BREATHING

- Sit tall at the edge of the chair. Place your hands on your waist.
- (take a deep breath in through the nose), expanding through your sides and abdomen.
- slowly.
- Repeat for 3-5 breaths.



2 HIP CIRCLES

Helps release and relax hip muscles.

- Sit tall.
- Without moving your upper body, circle your hips clockwise five times.
- Repeat, rotating counterclockwise five times.



3 COW POSE

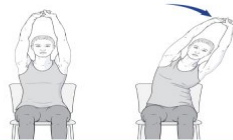
- Sit tall with your palms on your knees.
- and drop your head back, pulling your chest up and forward for a slight backbend. *If you have arthritis in your spine or neck, keep your neck straight.*

From Cow Pose, go directly into Cat Pose.



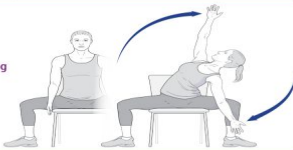
4 HIGH ALTAR SIDE LEANS

- Sit tall. Lift your arms and interlace fingers.
- Turn your palms toward the ceiling and straighten your arms above your head. *If you have sore wrists, gently grasp one hand with the other.*
- Lean to the left side.
- Hold for 2-3 breaths.
- Repeat, leaning to the right side.



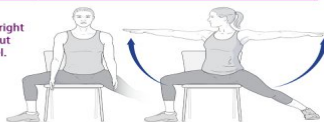
5 SEATED GODDESS WITH A TWIST

- Sit tall with your legs open wide and your toes pointed out.
- Place your left arm inside your left leg, pointing at the floor. Lift your right arm toward the ceiling and gaze toward the right hand.
- Hold for 2-3 breaths.
- Repeat on other side.



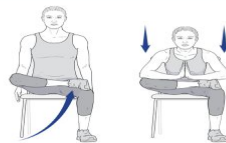
6 WARRIOR TWO

- Sit tall at the edge of the chair. Bend your right knee to the side and stretch your left leg out behind you, as you press through your heel.
- Raise your arms to the sides and turn your head to the right.
- Hold for 2-3 complete breaths.
- Repeat, adjusting for the left side.



7 FIGURE FOUR

- Sit tall and place your right ankle on your left knee. Flex your toes. Pull your belly towards your spine, heart reaching forward, and gaze straight ahead.
- Put your palms together.
- and slowly lean forward at the hips.
- Gently push your right knee down towards the floor with your palm or right elbow.
- Hold for 2-3 breaths.
- Repeat, adjusting for the other side.



TIPS

Move slowly through each pose, holding each pose for 3 to 5 slow breaths. If a pose is challenging, pause and start again when your breathing returns to normal. Be cautious if you have arthritis in your spine or neck, or a low-back injury.

8 CAT POSE

- and round your back, pulling in your belly towards your spine. Gently tuck your chin in your chest and expand the area between your shoulder blades.
- Repeat Cow Pose and Cat Pose 3-5 times.



9 SEATED SUN SALUTATIONS

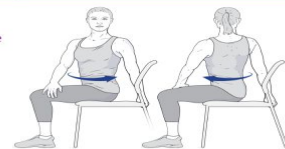
Helps to strengthen and increase shoulder flexibility. If you have shoulder discomfort, lift to shoulder level only.

- Sit tall and lift your arms overhead with your palms facing each other but not touching.
- Look up between your hands, towards the ceiling.
- and allow your arms to float down to your sides.
- Repeat for 3-5 breaths.



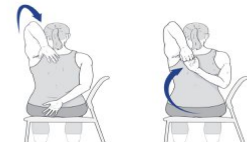
10 SIDE TWIST

- Sit tall in the chair. Place your left hand on the seat behind you and your right hand on the outside of your left knee.
- and reach your head up with energy toward the ceiling.
- As you ee gently turn your shoulders to the left. To help deepen your twist, gently press your left hand against your right knee.
- Hold the twist for 2-3 complete breaths.
- Repeat, rotating to the right side.



11 COW HANDS

- Sit tall with your feet hip distance apart.
- and lift your left hand toward the ceiling.
- , bend your arm at the elbow and place your arm on your upper back.
- and reach your right hand behind and clasp both palms together.
- Hold for 2-3 breaths.
- Repeat, adjusting for the other side.



12 UPWARD PLANK

- Sit tall and place both hands on the seat behind you. Hold the sides of the chair seat and extend your feet in front of you on the floor.
- and lift your butt and press your hips strongly toward the ceiling. *If comfortable, allow your head to drop back, close your eyes, and relax.*
- and set your butt on the chair.



13 FORWARD FOLD STRETCH

Stretches hamstring muscles and lower back.

- Sit tall on the edge of the chair. Extend your legs in front of you with your heels on the floor and your toes pointing up.
- , flex your quad muscles (try to lift your kneecaps), and lean forward at the hips.
- Place your hands on your knees, shins or toes (whatever is comfortable). Keep your chest toward your feet and your gaze straight ahead.



14 FORWARD FOLD

Finish with a calming forward bend, which lets blood flow to the brain.

- Sit tall. Fold your upper body over your legs, letting your head, neck and body hang limp.
- Hold for as long as you want before rolling back up to a sitting position.

