

# SENIOR CHAIR YOGA POSES

**1. Ujjayi Breathing**



**2. Cat/Cow**



**3. Circles**



**4. Sun Salutation Arms**



**5. Sun Salutations with Twists**



**6. High Altar Side Leans**



**7. Eagle Arms**



**8. Assisted Neck Stretches**



**9. Ankle to Knee**



**10. Goddess with a Twist**



**11. Warrior 2**



**12. Forward Fold**

