

Chair Yoga Poses

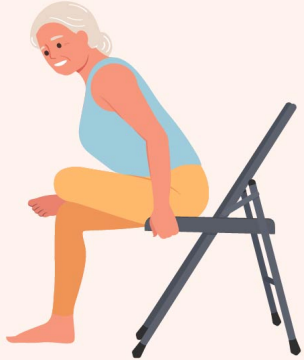
For Elderly



Seated Cat



Seated Cow



Seated Pigeon



Seated Stretch



Seated Extended Side Angle



Seated Forward Bend