

## Chair Yoga



Begin by sitting on the edge of a chair with your feet placed squarely on the floor about hip distance apart, toes facing straight forward. Place your palms flat on your thighs, and feel length in your spine—head balanced over heart, heart balanced over hips. Inhale and exhale evenly for 4 counts each. Repeat 2 times. Now reach your arms out to the side and lift overhead as you inhale and reach them out and down as you exhale. Repeat.

### Seated Side Stretch

Inhale and lift your arms overhead, taking hold of your left wrist with your right hand. On an exhalation, bend to the right. Stay there for three breaths. As you inhale, come back up to vertical and change wrists. Exhale, and bend to the left. Stay there for three breaths. Inhale back up to a tall spine. Exhale, release your arms.



### Shoulder Rolls and Stretch

Circle your shoulders by slowly rolling them up, back and down. On the fourth roll, interlace your fingers behind your back with your arms as straight as you are able to make them. If you don't have room behind you, reach back and hold onto the outside edges of the back of your chair.

### Seated Cat/Cow

On an inhalation, lift your chest, making a high backbend. Stay here and draw 2 full, deep breaths. As you exhale, release your hands and place them on your knees and round your spine. Tuck your pelvis and pull your navel away from your knees, coming into a seated cat pose. Breathe deeply and feel the broadness of the back of the body. Inhale and lift your chest to the ceiling.



Do not let the head drop all the way back – keep it lifted on your spine.

### Seated Forward Fold

Take your feet out slightly wider than hip distance. Engage your abdominal muscles as you begin to fold your upper body over your legs, letting your upper body fall through your thighs. You may be able to reach the floor with your palms flat. Otherwise, try to hold onto your ankles or shins. The idea is to let your head drop lower than your hips and relax the head and neck. You may grab onto your elbows or let your arms drop to the floor.



Engage your abdominal muscles and slowly roll up and find length in your spine.

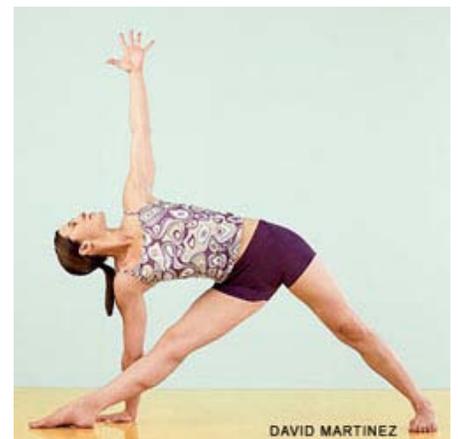


### Seated Twist

As you exhale, twist to the right. You can place your left hand on the outside of your right thigh and your right hand on the back of your chair. Check to make sure that your right armpit-chest area is lifted. Remember to include your head in the twist as well. As you look over your right shoulder, move your eyes to the upper right corner of your eyes and then the lower right corner. Repeat this eye exercise two times. Then close your eyes as you untwist back to center. Repeat to the other side.

### Seated Triangle Pose

Sit on the edge of your chair and extend your right leg out straight to the right keeping your left leg bent, foot on the floor. Extend arms out to the side. Inhale deeply, lift your torso tall and as you exhale reach your torso up and out to the right side. When you cannot go any farther, allow the arms and body to windmill towards the floor – keep the arms outstretched. Take 2 deep breaths. On your next inhalation, reach your torso and arms out and up and come back to seated. Repeat to the left side.



Bring your knees back to center, hip distance, sit up tall. Take 2 deep cleansing breaths as you raise your arms up overhead and back down. On the third breath, bring the palms of your hands together, with the thumbs touching your chest. Close your eyes and breath normally for a few seconds and you are done!

Namaste!