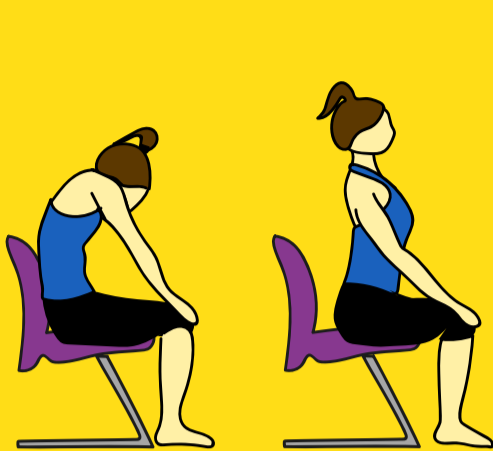


Chair Yoga Sequence



Cat and cow pose

Aim for 10 repetitions

Inhale as you lift the head
Exhale as you drop the chin.



Side bend

Hold for 3-5 breaths each side

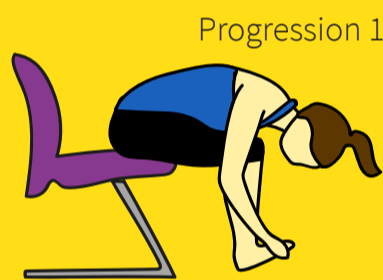
Keep the bicep over the ear
Lengthen the waist



Rotation

Hold 3-5 breaths each side

Keep knees and hips facing front
Try to increase rotation each breath



Progression 1



Progression 2

Forward fold

Hold for 5-10 breaths

Straighten your legs as much as you can comfortably (progression 2)
If you can't straighten your legs soften the knees (progression 1).
Aim to fold chest down your thighs. Keep neck relaxed.



Eagle

Hold for 3-5 breaths each side

Cross elbow over elbow, it doesn't matter if you can't get hand to hand.



Chair pigeon:

Hold for 3-5 breaths each side

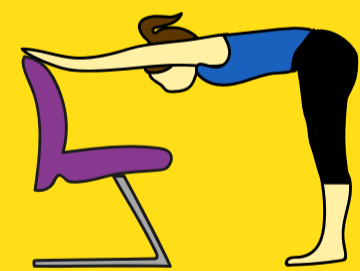
Gently push knee down and away
Lean forward into the stretch
to progress it.



Side angle

Hold 3-5 breaths each side

Reach along the extended leg
Keep bicep over ear.

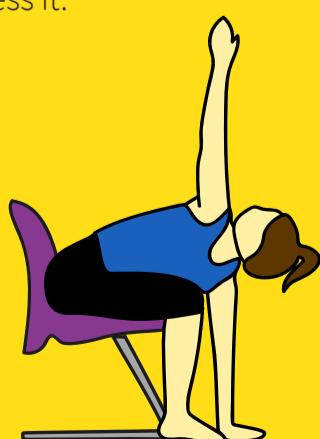


Supported forward fold

Hold for 5-10 breaths

With straight legs flatten your back, push down into your hands to help deepen the stretch.

You can use a desk if your chair is on wheels



Extended side angle

Hold for 3-5 breaths on each side.

Keep hips and knees facing forward
hip width apart.
Place finger tips or flat palm to the floor
Rotate open the chest and look up.
Keep neck relaxed.