

Chair Yoga

Breathe smoothly and comfortably. Synchronize movements with breath. Move easily and stay within your range of comfort. Enjoy breathing, stretching, sensing.

Eye exercises

- up and down
- side to side
- 45 degree angles
- palming (leaning elbows onto table)

Shoulder exercises

- forward and back
- shrug
- circles

Neck exercises

- side to side
- chin to chest
- circles on frontal plane

Arms from sitting

- out in front, out to the sides, overhead elbows
- stirring soup

Wrists and fingers

- bend forward, backward and rotate
- interlace fingers and stretch up or forward

- Torso:cat lift and tuck
- lateral bends
- spinal twist
- stirring soup
- cat roll
- forward bend

Legs and feet

- knee to chest pose
- leg lifts with foot flexion and rotation
- stirring soup

From standing

- breathing arms out and up and down
- raise to shoulder height then rotate the shoulder by turning the palms up and down
- side stretches
- Standing Mountain
- modified balance or tree

Return to chair

- final spinal twist
- relaxation
