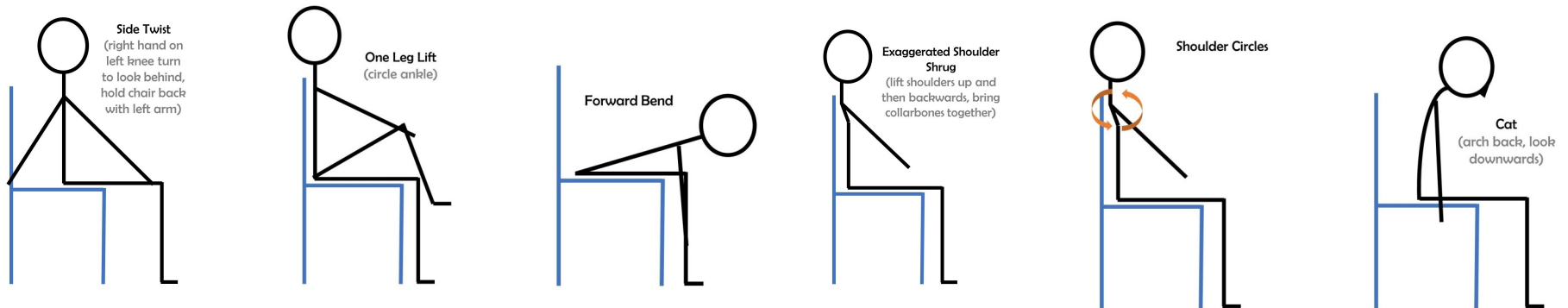
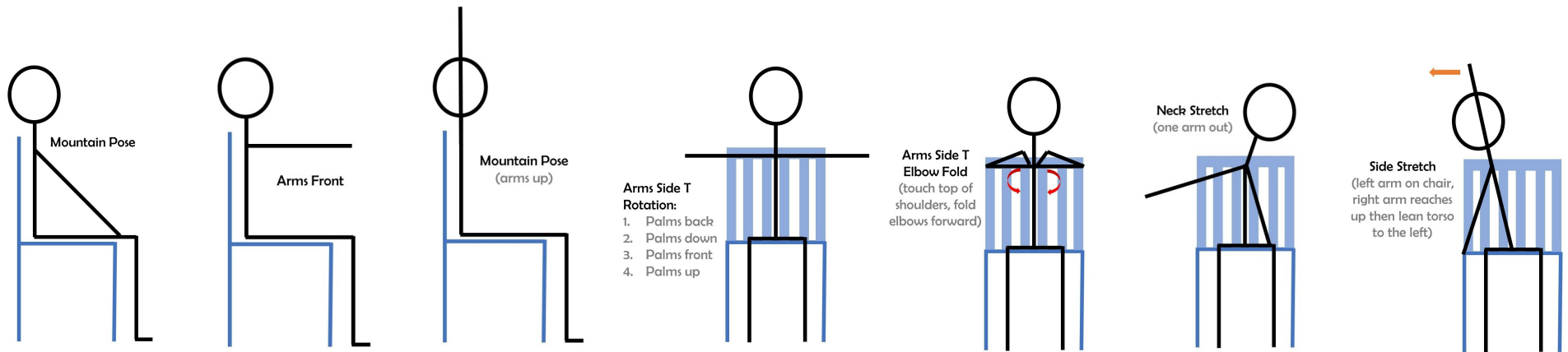
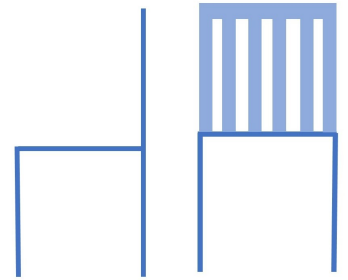


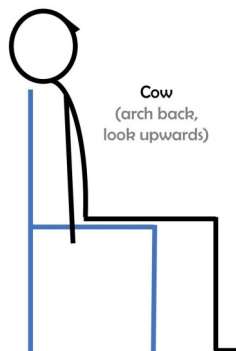
Chair Yoga

Chair yoga is a great tool to have in your health & fitness toolbelt! WHY?

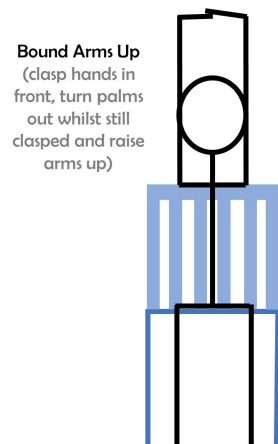
Because this is ideal for a multitude of situations such as:

- Squeezing in a workout at your desk during the work day
- Safe exercise whilst recovering from any injuries to the lower extremities
- Seated exercise for those that have limited mobility for any reason

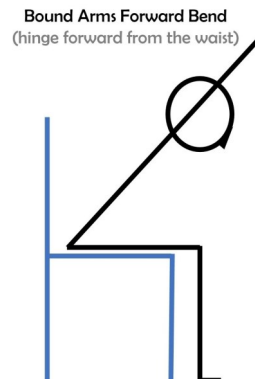




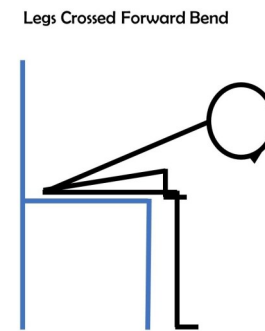
Cow
(arch back,
look upwards)



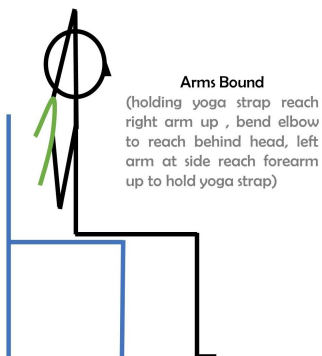
Bound Arms Up
(clasp hands in
front, turn palms
out whilst still
clapsed and raise
arms up)



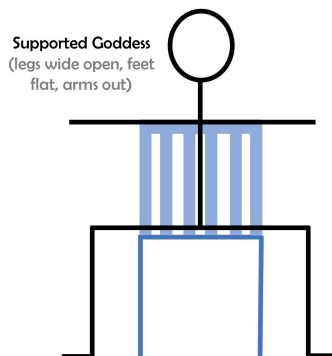
Bound Arms Forward Bend
(hinge forward from the waist)



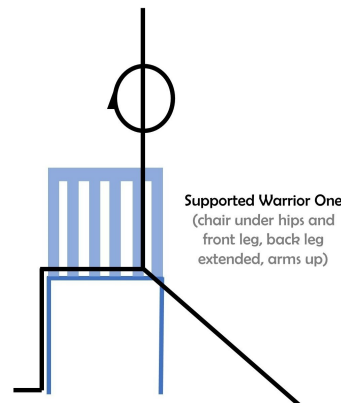
Legs Crossed Forward Bend



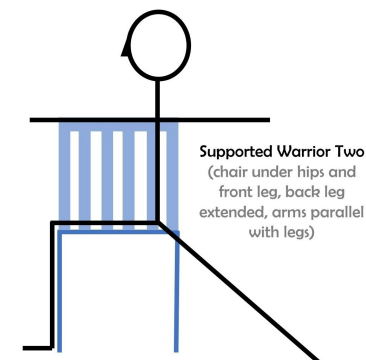
Arms Bound
(holding yoga strap reach
right arm up , bend elbow
to reach behind head, left
arm at side reach forearm
up to hold yoga strap)



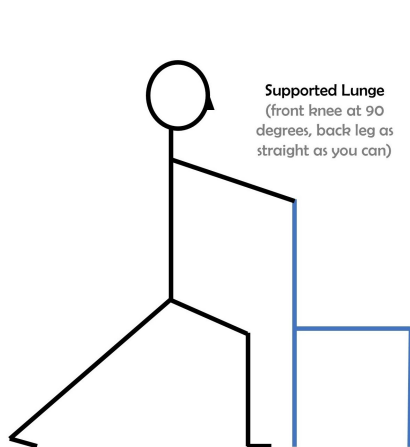
Supported Goddess
(legs wide open, feet
flat, arms out)



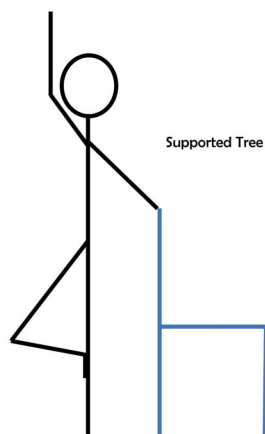
Supported Warrior One
(chair under hips and
front leg, back leg
extended, arms up)



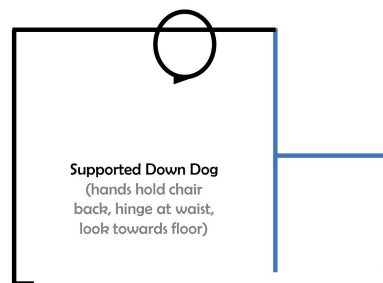
Supported Warrior Two
(chair under hips and
front leg, back leg
extended, arms parallel
with legs)



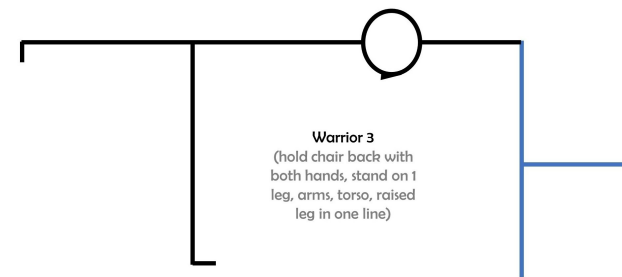
Supported Lunge
(front knee at 90
degrees, back leg as
straight as you can)



Supported Tree



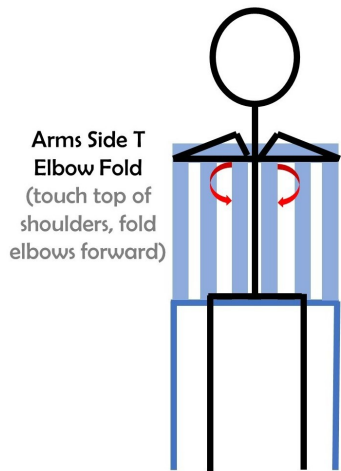
Supported Down Dog
(hands hold chair
back, hinge at waist,
look towards floor)



Warrior 3
(hold chair back with
both hands, stand on 1
leg, arms, torso, raised
leg in one line)

Caution: perform all poses only to the degree that is safe for you! If you are unsure check with your doctor! Be safe always.

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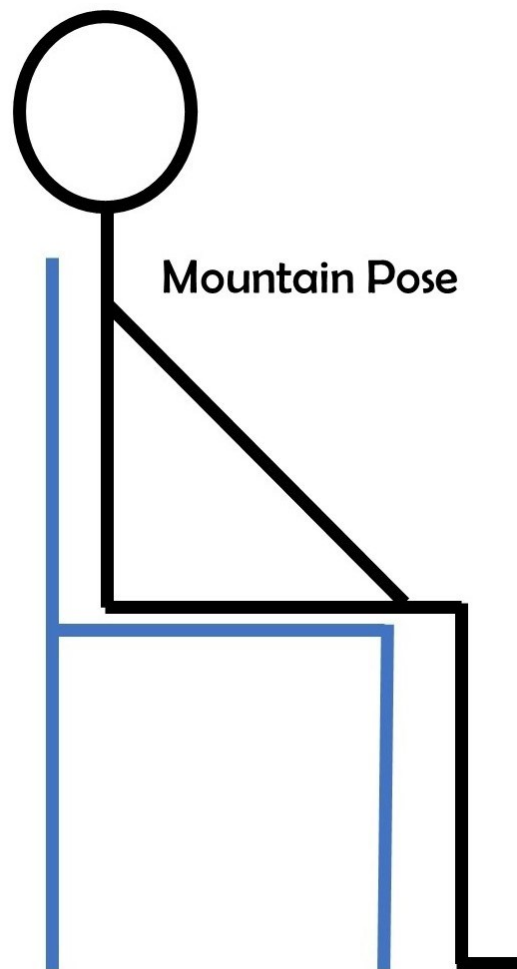


Poses can be performed for as long as you would like to. E.g. hold for 30secs

Movements can be repeated as many times as you want to.

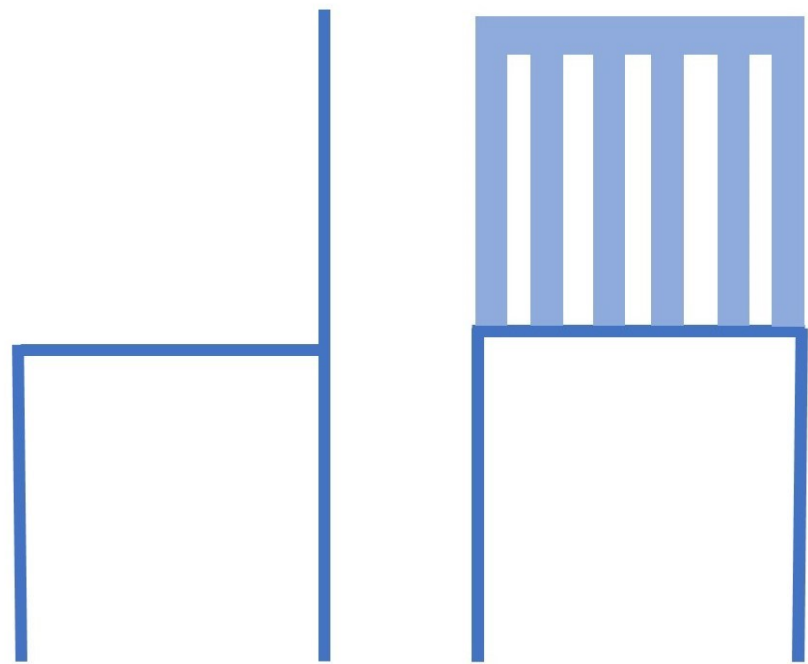
E.g. Complete the movement 10 times

I suggest taking a break hourly when seated for long periods. During your break do all or some of these poses as desired.



In chair yoga, Mountain Pose is a seated position with feet flat on the floor, hands on knees or thighs, back straight (neutral spine).

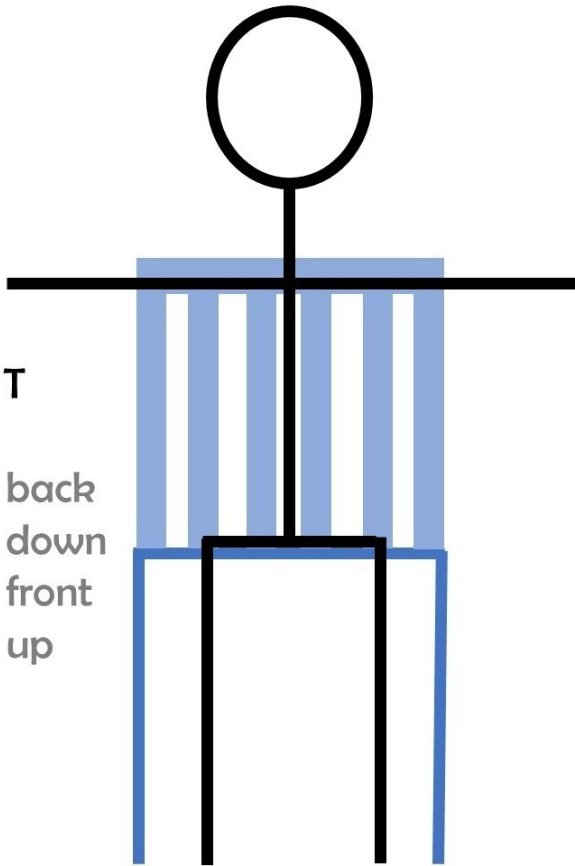
Many chair yoga poses are variations of this fundamental pose!



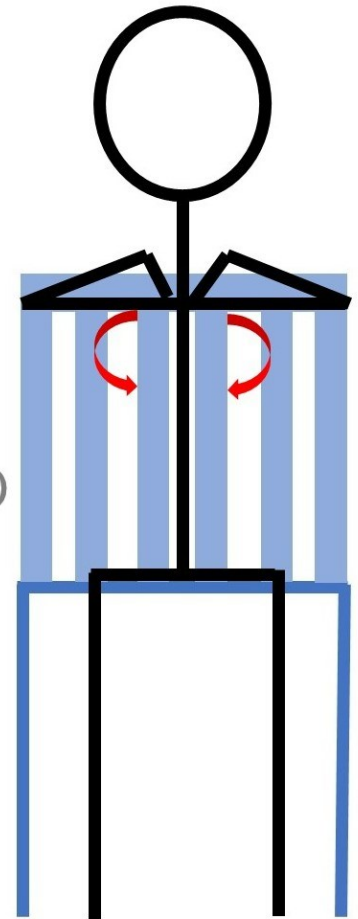
Important note:
CHOOSE A STURDY
& STABLE CHAIR

Arms Side T Rotation:

1. Palms back
2. Palms down
3. Palms front
4. Palms up



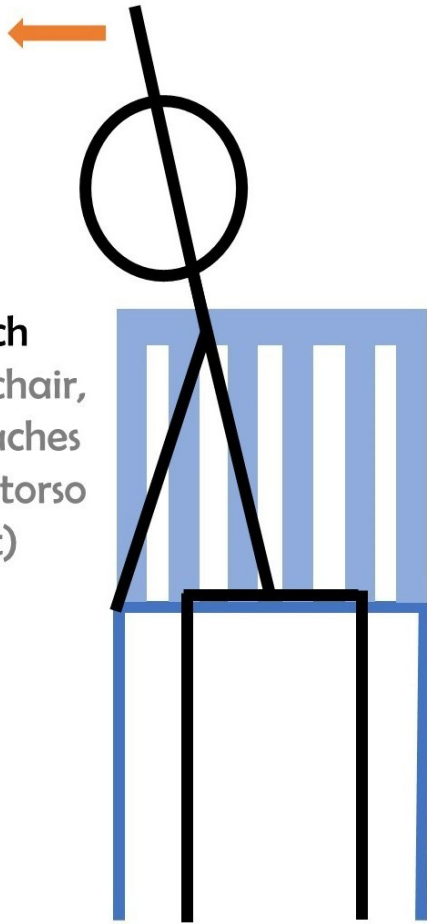
Arms Side T Elbow Fold (touch top of shoulders, fold elbows forward)



In this T arms pose begin with your arms out palms facing backwards, slowly rotate your arms so that you palms face down, then front, then upwards.

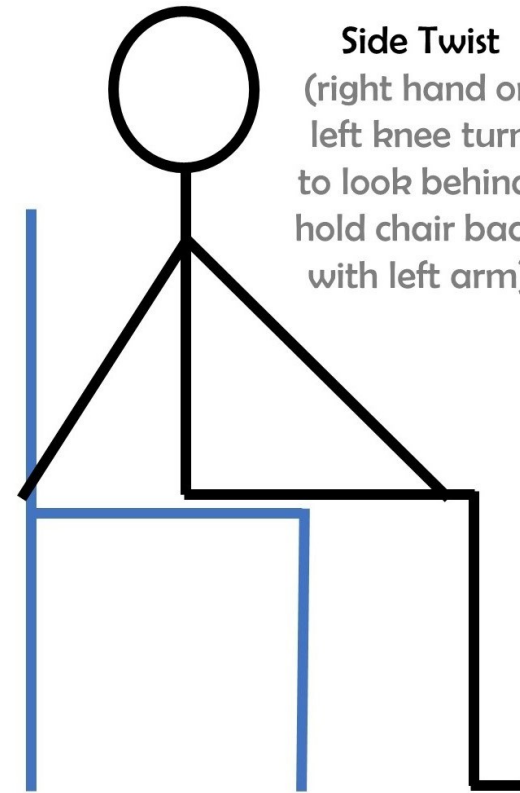
From the T arms pose touch the top of your shoulders with your fingertips. Fold your elbows in towards the front.

Side Stretch
(left arm on chair,
right arm reaches
up then lean torso
to the left)

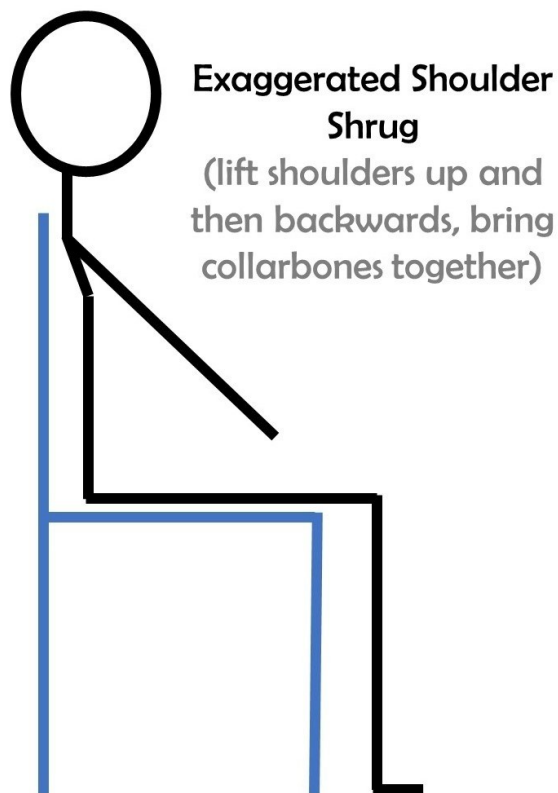


Hold yourself steady on the chair with one hand, raise the other arm up and then lean to the opposite side. Keep your back straight (neutral spine) and both buttocks firmly planted on the chair, you are simply tilting your torso. **Perform on both sides!**

Side Twist
(right hand on
left knee turn
to look behind,
hold chair back
with left arm)

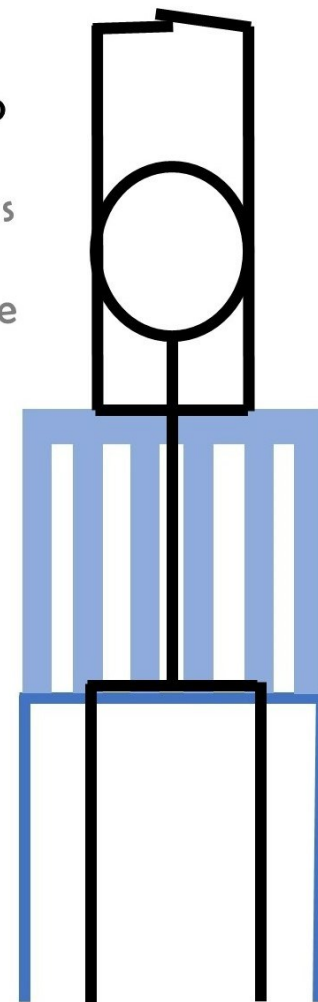


Place one hand on the opposite knee, with the other arm, if you can grasp the opposite side of the chair back as you rotate your torso and look over the shoulder. **Perform on both sides!**

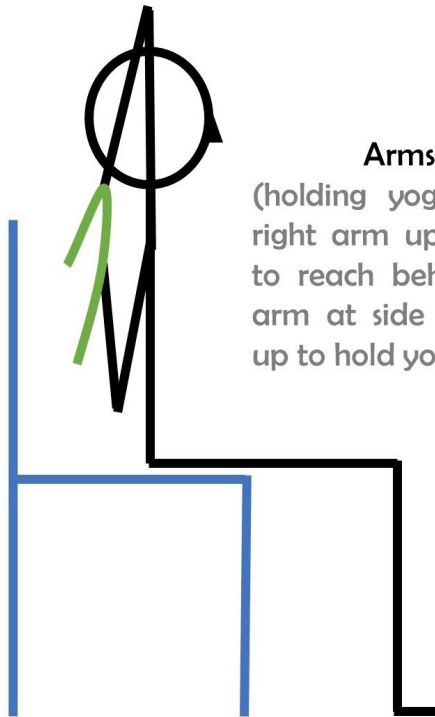


First raise your shoulders up then roll them backwards and feel the scapulae (shoulder blades) move towards each other. Hold for several seconds.

Bound Arms Up
(clasp hands in front, turn palms out whilst still clasped and raise arms up)



Clasp fingers together, whilst clasped turn palms outwards and reach forward, now raise your arms above your head with hands still clasped, palms will now be facing upwards.



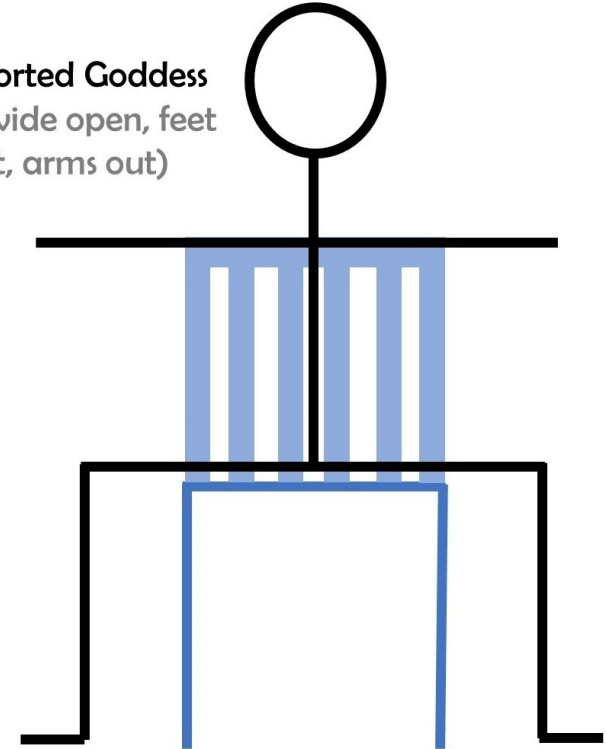
Arms Bound

(holding yoga strap reach right arm up, bend elbow to reach behind head, left arm at side reach forearm up to hold yoga strap)

This pose can be performed without or with a yoga strap. Raise your left arm, bend elbow behind head (hold strap in this hand if desired), reach behind and up with the other arm to grasp hands or strap.

Perform on both sides.

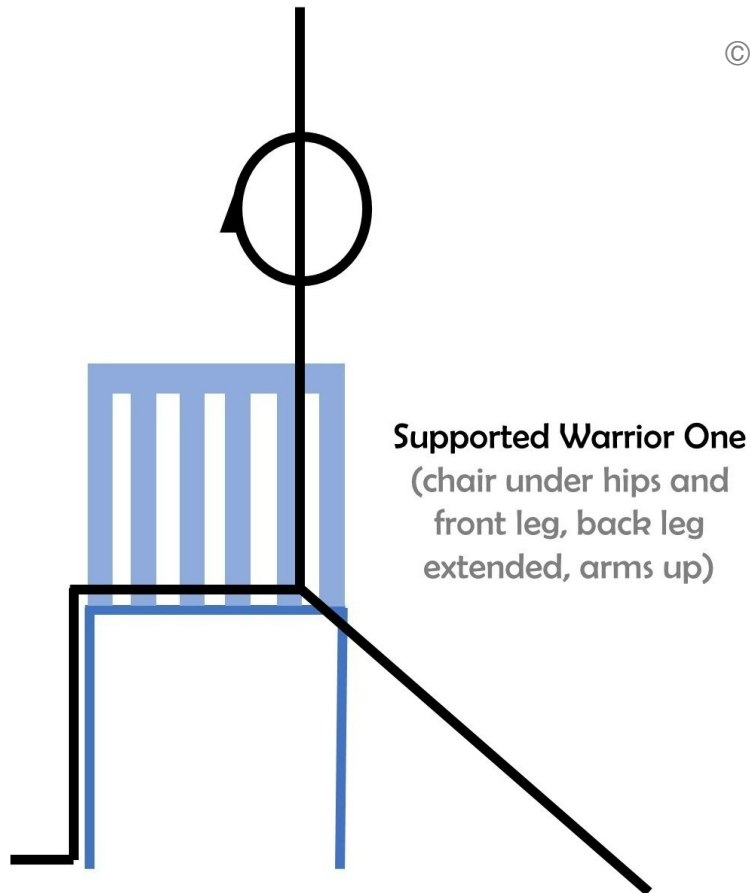
Supported Goddess (legs wide open, feet flat, arms out)



Facing the front open both your arms and hips wide. You can do prayer hands in front of the chest if you choose.

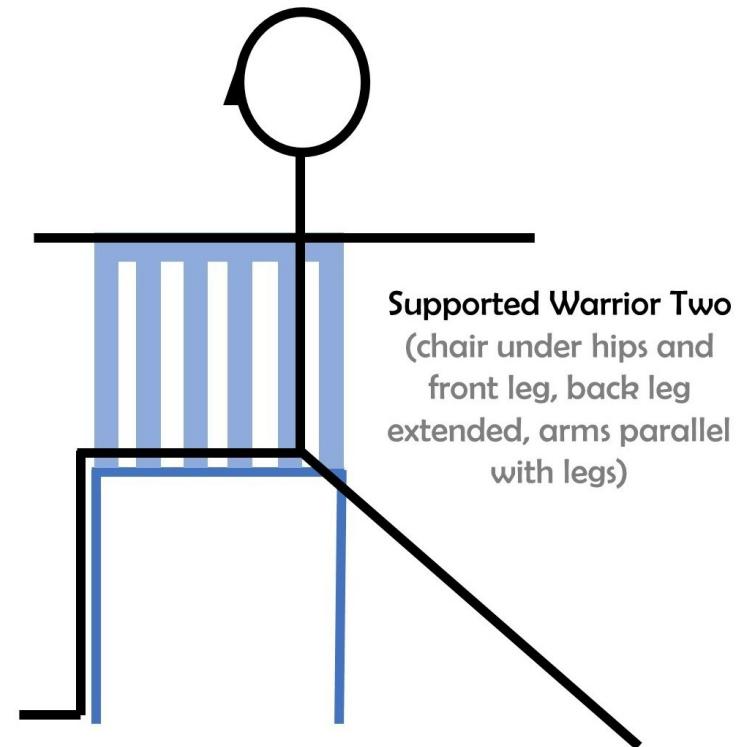
Standing Poses — Use The Chair for Stability

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Ensure you are in a basic leg lunge position with the front knee over the ankle, back leg extended as straight as is comfortable. Hips and face are facing bent leg.

Perform on both sides.

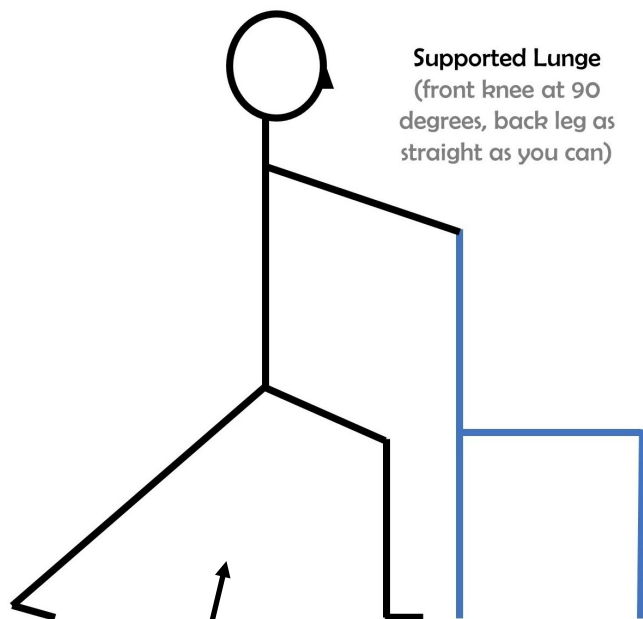


From Warrior One turn your hips slightly frontward, arms open to sides palms facing front, face either to the side or forward depending on your own preference.

Perform on both sides.

Standing Poses — Use The Chair for Stability

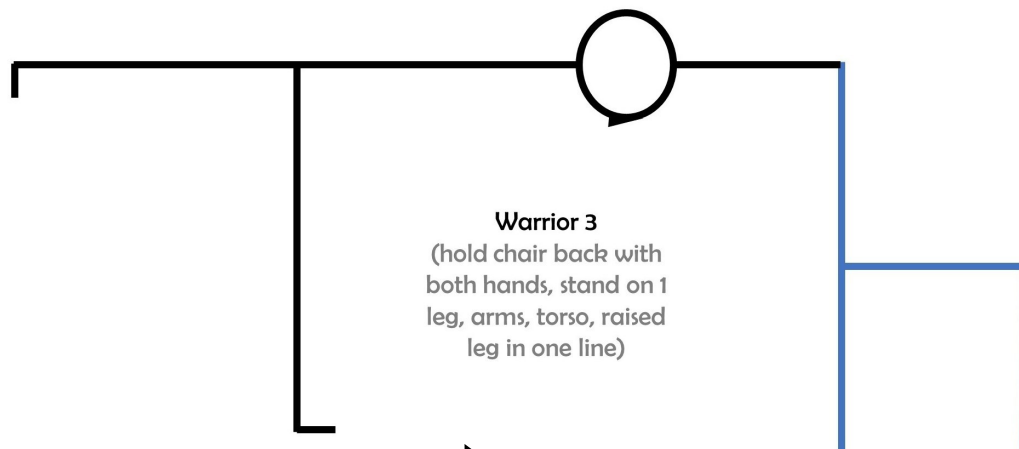
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Supported Lunge
(front knee at 90 degrees, back leg as straight as you can)

Front leg bent at 90 degrees or perpendicular from the floor if possible, knee over ankle, otherwise just lower down into the lunge as low as you can comfortably go.

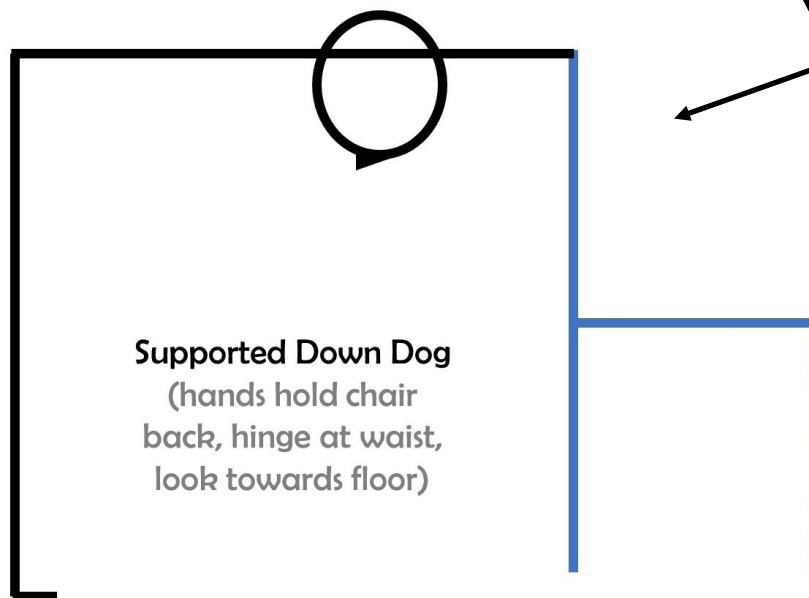
Perform on both sides.



Warrior 3
(hold chair back with both hands, stand on 1 leg, arms, torso, raised leg in one line)

The difference between Warrior 3 and Down Dog is simply that in W3 one leg is raised to be parallel with the ground.

W3 perform on both sides.



Supported Down Dog
(hands hold chair back, hinge at waist, look towards floor)