Seated Spinal Twist

- Sit close to the edge of a chair with your knees placed over your ankles
- Align your feet and knees to hip width
- Inhale and reach your arms over your head
- Exhale and twist to the left
- Set your left hand on the chair behind you
- Set your right hand on your knee
- Inhale lengthen through your spine
- Exhale & twist more deeply
- Hold for 5-20 breaths
- Repeat on the other side
Seated Lateral Side Bending

- Sit close to the edge of a chair with your knees placed over your ankles
- Align your feet and knees to hip width
- Place your Left hand on to a block or the floor under your shoulder
- Reach your right arm up towards the ceiling
- Reach right arm to left side wall
- Fan ribs out to the right side wall
- Breathe into your right ribs and the space between the top of the hip and the bottom of your ribs
- Hold for 5-20 breaths
- Repeat on other side
Chair Yoga Sequence

Seated Forward Fold

• Sit on the edge of a chair with your knees placed over the ankles
• Separate your feet wider than the hips and keep your knees over the ankles
• Slowly fold forward, reaching your hands towards the floor or a block
• Release the head towards the floor
• Hold for 5 – 20 breaths
Chair Yoga Sequence

Seated Revolved Twist

- Sit on the edge of a chair with your knees placed over the ankles
- Separate your feet wider than the hips and keep your knees over the ankles
- Slowly fold forward, reaching your hands towards the floor or a block
- Keep your right hand on the floor/block
- Twist to the right side wall
- Reach your left hand to the ceiling
- Hold 5 -20 breaths
- Repeat on other side
Chair Yoga Sequence

Seated Back Bend

- Sit close to the edge of a chair with your knees placed over your ankles
- Align your feet and knees to hip width
- Reach your arms behind you and hook your fingers over the back of the chair
- Open the stomach to the front wall and the chest towards the ceiling
- Turn your gaze up to the ceiling
- Hold for 5 - 20 breaths
Seated Hamstring Stretch

- Sit close to the edge of a chair with your knees placed over your ankles
- Align your feet and knees to hip width
- Extend your right leg along the floor, engage the extended leg, flex the foot
- Move your left knee and ankle wider than the hip
- Fold forward and place your hands on the floor/block on either side of the right leg
- Hold for 5-20 breaths
- Repeat on other side
Seated Pigeon

- Sit close to the edge of a chair with your knees placed over your ankles
- Align your feet and knees to hip width
- Cross your right ankle over your left knee
- (A) Sit tall and apply a gently pressure to the right knee (do not force)
- For a deeper pose:
  - (B) Fold forward and bring hands to the floor/blocks under the shoulders
- Hold 5 -20 breaths
- Repeat on other side
Chair Yoga Sequence

Seated Prayer Twist

- Sit close to the edge of a chair with your knees placed over your ankles
- Align your feet and knees to hip width
- Cross your right knee over the left
- Inhale reach your hands over your head
- Exhale bring your hands to prayer in front of the heart
- Inhale lengthen through the spine
- Exhale twist to the right, hook your left elbow on your right knee
- Hold 5 – 20 breaths
- Repeat on other side
Seated Cat/Cow

• Sit close to the edge of a chair with your knees placed over your ankles
• Align your feet and knees to hip width
• Place your hands on your knees
• Inhale sit tall
• Breath deeply
• Exhale (cat): Round the spine, drop the head, tuck the tail bone
• Inhale (cow): Sit tall, look up towards the ceiling, lift chest towards ceiling, open your stomach to the front wall, lift tail bone
• Repeat 5 -20 cycles
Seated reclining Core Strength

- Sit close to the edge of a chair with your knees placed over your ankles
- Align your feet and knees to hip width
- Sit tall
- Interlace hands behind your head
- Lean back until you feel the core muscles engage
- Hold for 5 breaths
- Repeat 3 -5 times
**Seated Lunge**

- Sit tall on your chair
- Move over to the right
- Drop your right knee to the floor with your foot behind you
- Make sure your left thigh and sit bone is firmly supported by the chair and that your left ankle is under the knee
- Place your right hand on the left knee and your left hand on the chair
- Slide your right foot back towards the back wall, tuck the toes under
- Press the right heel to the back wall and raise the knee
- Hold for 5 – 20 breaths
- Repeat on other side
Chair Yoga Sequence

Chair Parsvottanasana

- Stand tall about 3 feet in front of a chair
- Step the right foot forward and line the toes up with the front edge of the chair
- Align your feet at hip width
- Inhale hands to hips
- Exhale slowly fold forward and place your hands on the chair
- Keep your spine long and your hips level
- Hold for 5 – 20 breaths
- Repeat on the other side
Chair Yoga Sequence

Chair Triangle

- Stand 3 feet in front of your chair
- Step your left foot forward to the right side of the chair
- Turn your hips to and shoulders to the right side wall
- Extend your arms out of the shoulders
- Place your left hand on the chair
- Reach your right hand to the ceiling
- Rotate your ribs and hips to the side wall
- Hold for 5 – 10 breaths
- Repeat on other side