

CHAIR YOGA

GENTLE MOVEMENTS FOR
STRENGTH & SERENITY



BOX
BREATHING



YES AND NO



SIDE NECK
STRETCH



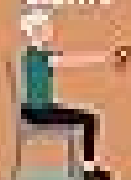
BACK OF THE
NECK STRETCH



HEAD CIRCLES



WHIST FINGER
EIGHTS



WHIST FLEX



SHOULDER
STRETCH



ARMS
OVERHEAD



SHOULDER
SHRUG



ARM CIRCLES



SIDE BEND



CAT COW TATE



CHEST OPENER



COIL BODY
ARM STRETCH



NOE TWIST



HIP OPENER



FORWARD BEND



FOURTHS
FEET



ANKLE
ROTATIONS



STANDING
LUNGE



SEATED
DOWNWARD
FACING DOG



STANDING
DOWNWARD
FACING DOG



RELAXATION
POSE

