
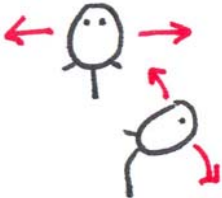
























Chair Yoga

 <p>Three Part Breathing</p>	<ul style="list-style-type: none"> • Sit in chair with feet on floor hips distance apart • Place hands on lower belly and breathe into hands (1-2 minutes) • Place hands on rib cage and breathe into hands (1-2 minutes) • Place hands on upper chest and breathe into hands (1-2 minutes) 	 <p>'No' & 'Yes' Head Movements</p>	<ul style="list-style-type: none"> • From seated position, turn head left and right keeping chin level (Repeat 10 times) • Do not force head to go the same amount on both sides • Lift chin and lower chin without crunching back of neck (Repeat 10 times) 	 <p>Side Neck Stretch</p>	<ul style="list-style-type: none"> • Drop right ear to right shoulder • Place right hand on left ear for extra stretch (Hold 5 breaths) • Release head and lift back up to center gently • Repeat on the left side
 <p>Back of the Neck Stretch</p>	<ul style="list-style-type: none"> • Turn head to right and drop chin toward shoulder • Place right hand on back of head for extra stretch (Hold 5 breaths) • Release head and lift up before turning back to center • Repeat on the left side 	 <p>Nose Circles</p>	<ul style="list-style-type: none"> • With head centered, pretend that you are drawing a circle with your nose • Try to control the circle and keep it round • Repeat to both sides (10 times each) 	 <p>Wrist Figure-Eights</p>	<ul style="list-style-type: none"> • Clasp hands together and make figure-eight motions with the hands • Repeat both directions (10 times each)
 <p>Wrist Flexion & Extension</p>	<ul style="list-style-type: none"> • Hold right arm in front of torso with palm facing away • Use left hand to gently pull back on palm, stretching underside of wrist • Repeat with palm facing towards you • (Hold 3 breaths each side) 	 <p>Carpal Tunnel Stretch</p>	<ul style="list-style-type: none"> • Place right hand on left shoulder • Place left arm behind back • Drop chin to right shoulder, then raise chin up and to the left • (Repeat 10 times, both sides) 	 <p>Arms Overhead</p>	<ul style="list-style-type: none"> • With hands clasped together, turn palms toward knees • As you inhale, raise arms overhead, pressing through index finger mounds • Relax shoulders down the back • Release arms to sides and down
 <p>Shoulder Shrugs</p>	<ul style="list-style-type: none"> • Roll shoulders forward, up, back and down slowly making a backwards circle • (Repeat 5-10 times) 	 <p>Shoulder Swimming</p>	<ul style="list-style-type: none"> • Make backstroke motion with right shoulder, followed by left shoulder • Allow side of waist to get into the motion by swaying torso back and forth • (Repeat 5-10 times) 	 <p>Side Bend</p>	<ul style="list-style-type: none"> • Hold chair with right hand and inhale left arm overhead • Lean to right and stretch the left waist • (Hold 3-5 breaths) • Repeat to other side

Chair Yoga

 <p>Cat/Cow Tilts</p>	<ul style="list-style-type: none"> • Place hands on knees • Inhale, press tail bone back towards chair and lift chest drawing shoulders back • Exhale, round back and press tail bone forward, pressing navel towards spine • (Repeat 10 times) 	 <p>Hug Opposite Shoulders</p>	<ul style="list-style-type: none"> • Inhale as you raise arms out to sides • Exhale and cross right elbow over left, and hug opposite shoulders • Draw shoulders down the back and lift elbow points • (Hold for 10 breaths) • Repeat to other side 	 <p>Chest Opener</p>	<ul style="list-style-type: none"> • Sit forward in chair and hold edges of seat behind back • Inhale and lift the chest, Exhale and lean forward over legs, pressing feet into floor • You can gently drop the chin for more stretch • (Hold 5-10 breaths)
 <p>Cross-Leg Twist</p>	<ul style="list-style-type: none"> • Cross right thigh over left • Inhale sit up tall, Exhale bring left arm outside of right knee, right arm on chair back • Try to twist navel, ribs and chest allowing head to follow • (Hold 10 breaths each side) 	 <p>Hip Opener</p>	<ul style="list-style-type: none"> • Place right ankle over left knee and flex right foot • Gently press upper right thigh out and exhale as you lean forward over legs • Press left foot into floor and thighs into seat • (Hold 10 breaths each side) 	 <p>Forward Bend</p>	<ul style="list-style-type: none"> • Hold onto chair seat and inhale to sit up tall • Exhale and lean forward over legs • You may rest elbows on knees or come all the way forward • (Hold 10 breaths) • Inhale as you come up
 <p>Point/Flex Feet</p>	<ul style="list-style-type: none"> • Extend right leg forward • Alternately point and flex foot • (Repeat 10 times each side) • Bring both feet under knees • Alternately lift toes and then heels • (Repeat 10 times) 	 <p>Ankle Rotations</p>	<ul style="list-style-type: none"> • Extend both legs and begin to rotate both ankles in opposite directions • (Repeat 10 times to each direction) 	 <p>Lunge</p>	<ul style="list-style-type: none"> • Seated Variation: Draw right knee into chest and hold around shin. Press left foot into floor • Standing Variation: Place hands on chair and step right foot forward, left foot back. Press into back heel • (Hold 5 breaths)
 <p>Seated Downward Facing Dog</p>	<ul style="list-style-type: none"> • Press hands into table and push seat back as you extend arms overhead • Press hips into chair and feet into floor • Relax shoulders away from ears • (Hold 5-10 breaths) 	 <p>Standing Downward Facing Dog</p>	<ul style="list-style-type: none"> • Stand facing chair • Place hands on seat and step feet back so a right angle is created between legs and torso • Relax shoulders down back and engage belly • (Hold 10 breaths) • Walk toward chair to release 	 <p>Relaxation Pose</p>	<ul style="list-style-type: none"> • Seated Variation: Sit in chair and cross arms on table. Rest forehead on crossed arms. • Lying Variation: Lie on back with calves resting in seat of chair • Breathe in and out through the nose consciously • (Rest 5-10 minutes)