

CHAIR YOGA

FOR TONING, MOBILITY AND STRENGTH

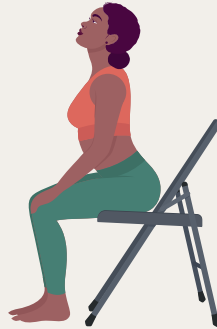
7 MINUTES PER DAY

Make sure you use a steady chair and stop immediately if you feel dizzy.

1 GROUND. BREATHE.

Sit tall, feet flat. Close your eyes or soften your gaze.
Inhale slowly through your nose for 4 counts.
Hold for 2.
Exhale gently for 6.
Repeat for one minute.
Feel your shoulders drop.
Let the tension go.

2 SHOULDER ROLLS



Stay seated. Roll your shoulders backwards in big slow circles.
Then forwards.

3 SEATED CAT-COW



Sit tall, hands on thighs.
Inhale: arch your back slightly, lift chest.
Exhale: round your spine, tuck chin to chest.
Repeat slowly.

4 SEATED TWIST



Place right hand on outside of left thigh.
Left hand behind you. Gently look over your shoulder.
Hold, breathe. Switch sides.

5 SEATED PIGEON



Sit tall. Cross your right ankle over your left knee.
Let your right knee relax outward.
Keep your back straight and gently lean forward if comfortable.
Hold and breathe. Switch legs.

6 SIDE STRETCH



Sit tall, feet wide apart for a stable base.
Place your right forearm gently on your right thigh.
Sweep your left arm up and over your head, creating a long side stretch.
Hold and breathe. Switch sides.

7 FORWARD BEND



Sit tall, your feet slightly apart.
Exhale, slowly bend forward from the hips, letting your head and arms hang toward the floor.
Rest hands on the floor, ankles, or just let them dangle.
Relax your neck. Breathe deeply.

Do this routine once a day.
Add music or calming breathwork.
If you're unsure about what's safe for your body, talk to a LifeAssist Biokineticist.
They'll help you move in ways that build strength, confidence and calm, at no cost to you.

You can do it!

