Follow this chair yoga sequence to help release stress or tension in your muscles and refocus on the task at hand.

Please consult your doctor before beginning any new exercise or physical activity routine.

**Flow Safely:**
- Move your spine with each breath.
- Option to keep elbows at 90°
- Option to apply slight pressure on outside of knee
- Lift elbows towards the sky
- Exhale as you twist, inhale as you untwist

**Source:** Certified Yoga Teacher