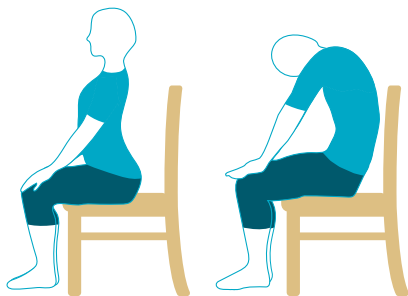


CHAIR YOGA

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.



SEATED CAT-COW

Flow Safely:
Move your spine with each breath.



SEATED CHAIR

Flow Safely:
Option to keep elbows at 90°



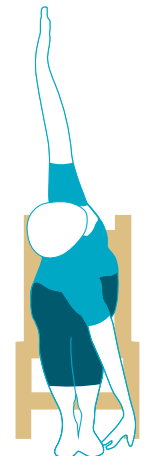
EXTENDED SIDE ANGLE R

Flow Safely:
Option to apply slight pressure on outside of knee



SEATED CHAIR

Flow Safely:
Option to keep elbows at 90°



EXTENDED SIDE ANGLE L

Flow Safely:
Option to apply slight pressure on outside of knee



SEATED PIGEON R

Flow Safely:
Option to apply slight pressure on knee.



EAGLE R

Flow Safely:
Lift elbows towards the sky



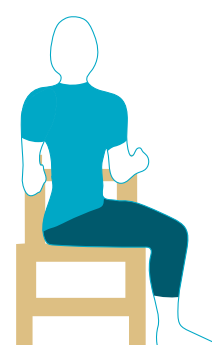
SEATED PIGEON L

Flow Safely:
Option to apply slight pressure on knee.



EAGLE L

Flow Safely:
Lift elbows towards the sky



SPINAL TWIST R & L

Flow Safely:
Exhale as you twist, inhale as you untwist

