

Easy Fun Beginner Chair Yoga

*Please listen to your body, and do not do anything that causes pain or discomfort!!

*use a nice sturdy chair that will not move or slide.

5 minutes of breath work! Seated comfortably, eyes open, closed, or taking a soft gaze.

Inhale 3, exhale 3 nice and slow

1. Chair Sun Salutation

Repeat 3-5 times. Back issues, BP issues, eye issues, keep hands on knees in forward fold, and don't bring head below heart.

Prayer, extended mountain, forward fold.



2. Cow A inhale Cat B exhale 3-5 times



3. Expansion (Picture) then give yourself a hug!

Repeat 3-5 times, breathe



4. Spinal twist

Do R and L 2x each side. Lift tall through crown, breathe



5. Side opener

Do R and L 2x each side, Breathe



6. Figure 4

Do R and L hold for 30 -60 seconds each side, breathe

*do not force leg into a position it does not go! Everyone is different. If this is not within your safety limits, skip this exercise.



7. Seated mountain

Take a moment and notice how you are feeling. Is it different from before you started?



8. Shavasana

You can stay in your current position, or find any comfortable position.

Eyes closed, deep breathing for at least 5 minutes to receive the benefits of your yoga practice.

Namaste!