

CHAIR YOGA ASANAS

Perform each asana only if you feel comfortable doing so. If you cannot perform a posture completely, perform it only to the extent possible, without strain. If you are not feeling comfortable in a position, then hold it for less time. Breathe normally while holding each posture. Rest between each asana as desired.

During the performance of an asana, some parts of the body are naturally, gently and pleasantly stretched - more activated than other parts of the body. By letting the mind be on the location of the stretch, after a moment the sensation of stretching will begin to disappear, giving rise to pleasantness.



sit tall - hands to heart



hands overhead palms up



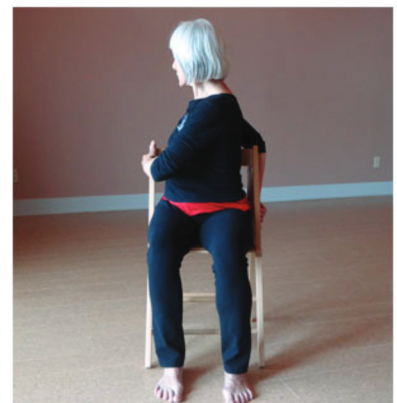
neck side stretch



side stretch - look up



side stretch - look down



seated twist - both sides



eagle arms shoulder stretch



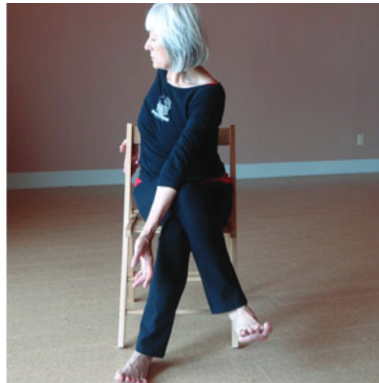
open heart - arms to back



fold forward shoulder stretch



cross leg fold



cross leg twist - both sides



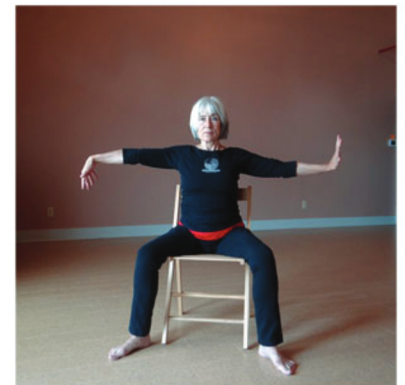
hip opener fold forward



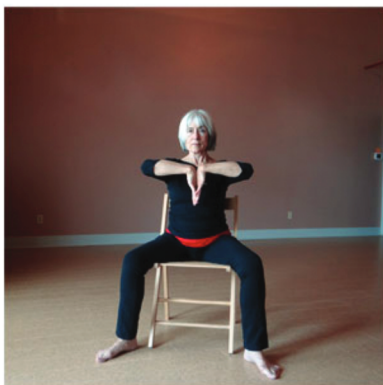
cross leg lift and twist - core



wide angle leg lift - circle feet



wrist circles - breathe



sit tall wrist stretch



easy pose - NAMASTE

Chair yoga routine
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