

# Chair January 2025

Karen W



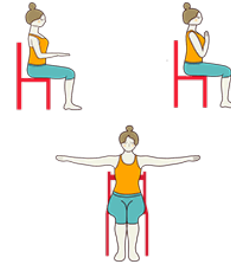
**1. sit upright & comfortably**



**2.**  
**Sankalp/Affirmation**



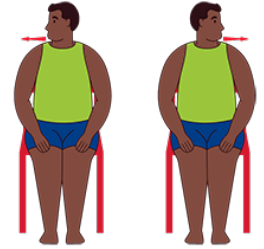
**3. relaxed seat**



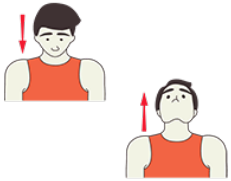
**4. Sun Breath**



**5. body toning**



**6. head side to side**



**7. head up & down**



**8. shoulder roll**



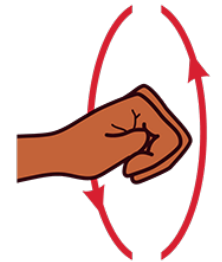
**9. shoulders up & down**



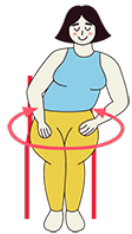
**10. lean left**



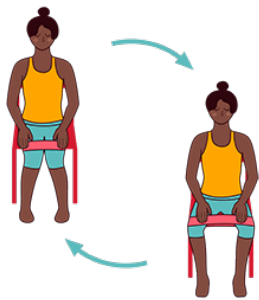
**11. lean right**



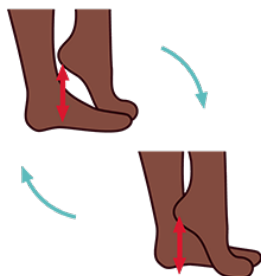
**12. wrist rotation**



**13. hip circles**



**14. knees in & out**



**15. foot roll  
toes to heel**



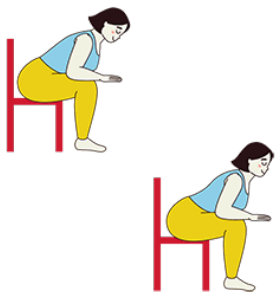
**16. bicycle**



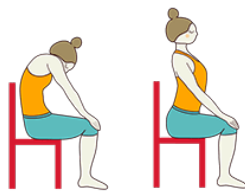
**17. wind  
relieving each  
side**



**18. single leg  
raise each side**



**19. cobra  
seated**



**20. cat cow  
seated**



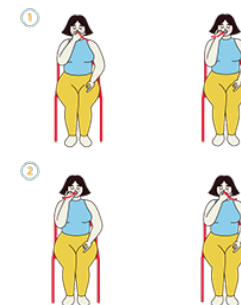
**21. half forward  
fold**



**22. seated twist  
each side**



**23. forward fold**



**24. alternate  
nostril  
breathing**