

CHAIR YOGA

Improve your flexibility, balance, and breathing with chair yoga. Here are some poses to get you started*

Side Stretch

Sit down. Extend both arms to the ceiling. Touch the palms together and stretch to the side



Quad Stretch

Stand behind your chair. Hold onto the back with one hand, and bend the opposite leg. Grab your ankle if you can.



Sit with your palms resting on your thighs or knees. Focus on your breath.



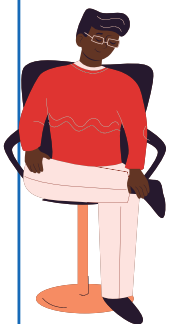
Triangle Pose

Stand next your chair. Pivot foot farthest from the chair to 45 degrees, and point the closer foot toward the chair. Bring your closer arm to touch the seat and extend your other arm to the ceiling.

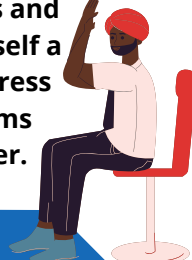


Figure Four

cross your right ankle over your left shin or thigh. Sit up tall as you feel a gentle stretch in your hip



wrap your right arm under your left. Touch your shoulders and give yourself a hug, or press the palms together.



Eagle Arms

Fold over your legs from a seated position. Rest your hands on your thighs, or let them hang over your legs.



Forward Bend

*always consult with your physician before starting a new exercise regimen. If you feel pain, stop immediately.

References:

[Healthline](#)

[AceFitness](#)