

5B Inhale-Exhale



1. Chair Mountain Pose • Chair
Tadasana

10B Inhale-Exhale



2. Chair Neck Rolls B



3. Chair Seated Shoulder Circles



4. Arms To Side Rotations Chair •
Parsva Hasta Paryayakrama Chair



5. Hand Clenches Chair



6. Chair Flexing Foot Pose



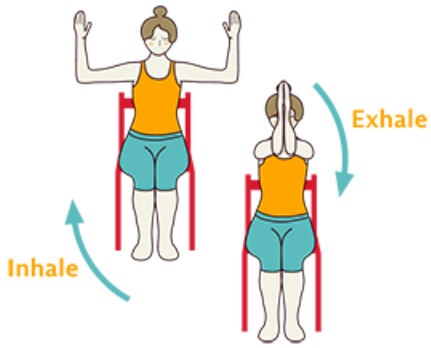
7. Chair Seated Side Stretch Pose



8. Chair Seated Twists



9. Seated Forward Fold Pose on
Chair



10. Seated Cactus Arms Flow
Chair



11. Goddess Pose On Chair Arms
Down • Utkata Konasana On Chair
Hasta Down



12. Chair Cat Cow Pose • Chair
Marjaryasana Bitilasana



13. Goddess Pose Chair Side
Stretch • Utkata Konasana Chair
Side Stretch



14. Chair Mountain Pose • Chair
Tadasana