

5B Inhale-Exhale

1. Chair Mountain Pose • Chair Tadasana

Start in Mountain pose - check alignment (feet are hip distance apart, knees and ankles in-line, roll shoulders back and down the spine).



10B Inhale-Exhale

2. Chair Neck Rolls B

From seated mountain pose, inhale and move your neck / ear toward right shoulder and exhale; then on an inhale come back to center, exhale and pause before switching sides. X5 each side.



3. Chair Seated Shoulder Circles

FOCUS:

- Rotate full circles.
- Rotate for 10 times clockwise and 10 times anticlockwise.
- Focus on keeping the chest and shoulder strong.
- Keep the spine straight.
- Feel the stretch around the neck, shoulder, chest, elbows and upper arm.



BENEFIT:

- Reduces stiffness around the elbows, arms, shoulders and neck.
- Reduces the blocks allowing smooth flow of prana.
- Improves flexibility around the shoulders.

- Helps to breath deep around the chest and diaphragm.
- Helps to reduce shoulder hunch.

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

After completing the shoulder rolls, take your arms out to each side and circle your them 10 times clockwise and 10 times counterclockwise.



5. Hand Clenches Chair

FOCUS:

- Feel the fingers open wide, and feel the stretch between the fingers.
- Feel the expansion and contractions of the finger along with the breath.
- Feel the sensation at the tips of the fingers.



BENEFIT:

- Improves the flexibility of the fingers.
- Reduces energy blockages at the joints of the fingers.
- Reduces aches and pains for those with arthritis of the finger joints.
- Helps with improved blood circulation.

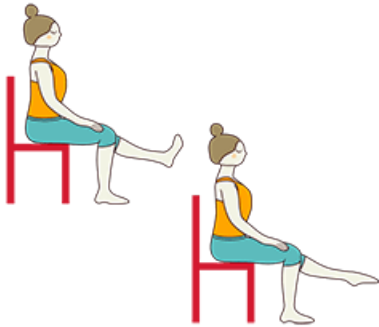
6. Chair Flexing Foot Pose

Inhale and lift your leg extending it in front of you parallel to the floor.

Do not lock your knee.

Exhale, flexing the foot.

Inhale point the toes.



Lift left one leg, flex and point the toes - 5 *

Draw circles in the air with the toes - 5 *

7. Chair Seated Side Stretch Pose

Inhale lift left arm up, (right hand on chair seat) and exhale lean to the right.

No issues with neck the turn and look up at hand.

. Take 5 deep breaths here. Repeat opposite side.



8. Chair Seated Twists

Place LEFT hand behind you on chair and RIGHT hand on LEFT thigh.

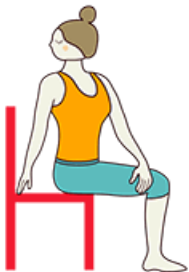
INHALE and lengthen at the spine

EXHALE and slowly twist upper body to the RIGHT, keep head in line with spine and gaze behind you.

Stay here for about 6 breaths

With each INHALE, lengthen

With each EXHALE, gently twist a little more.



Place RIGHT hand behind you on chair and LEFT hand on RIGHT thigh.

INHALE and lengthen at the spine

EXHALE and slowly twist upper body to the RIGHT, keep head in line with spine and

gaze behind you.

Stay here for about 6 breaths

With each INHALE, lengthen

With each EXHALE, gently twist a little more.

9. Seated Forward Fold Pose on Chair

** Do not lower head below heart if you have low blood pressure **

From mountain pose open feet slightly wider apart.

INHALE - sit tall

EXHALE - fold forward at hip resting the forearms onto thigh, shins of floor.



Hold here for 10 deep breaths.

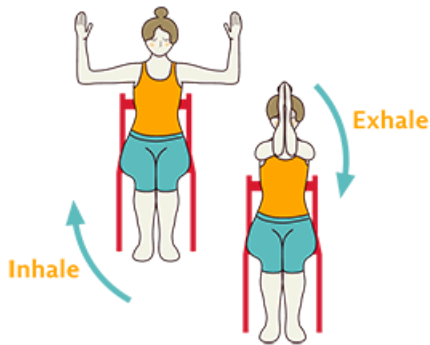
10. Seated Cactus Arms Flow Chair

Legs are hip width apart and feet are grounded on the floor, spine straight

Bring your arms out into a cactus shape, upper arms parallel with the floor, fingers spread and pointing up.

Exhale, bring the forearms together in front of your face.

Inhale, draw the arms back out to cactus. (5X)



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

Hipwalk forward on chair (only sit-bones on edge).

Open legs wide, keeping knees and toes in same direction, knee is over the ankle.

Ground through all four corners of feet



12. Chair Cat Cow Pose • Chair Marjaryasana Bitilasana

A. Release and come back to sit in Mountain Pose, relaxing and connecting to the breathing process.

B. Inhale, expand the chest and take the head and the chin a bit back.

C. Exhale, curl your chest and shoulders, locking the chin down.

D. Move dynamically here in Chair Cat Cow Pose. As you do this smile and breath with positivity.



E. Practice this 8 times coordinating with the breathing process. A great way to open the back, shoulders, chest, psoas major and the abdominal muscles.

F. Curving the back inwards and outwards while coordinating the breathing process will help to release the tensions of the entire back.

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

Open the legs wide, feet pointed out and firm on the ground.

Rest right elbow on the right thigh (palm facing up).

On inhale, sweep the left arm up, look up if you can, gaze at the hand.

Breathe deeply here for 3 breaths. Repeat on other side.



14. **Chair Mountain Pose** • Chair Tadasana

Finish in Mountain pose - check alignment (feet are hip distance apart, knees and ankles in-line, roll shoulders back and down the spine).

Five lovely deep breaths to finish the practice, then taking the focus to the thumbs, returning to a normal breath and resting for 1-2 minutes.

