

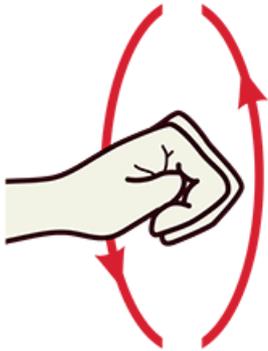
1. Chair Mountain Pose • Chair Tadasana

Place your feet hip's width distance apart and parallel. Lift your toes, spread and relax them. Lengthen your side bodies from hips to armpits, and move your ears in line with your shoulders. Even inhales and exhales, soften with each breath.



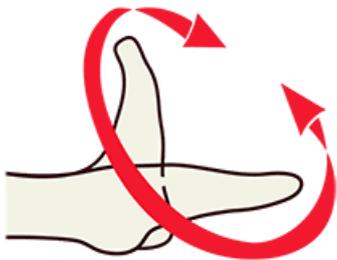
2. Wrist Joint Rotation • Manibandha Chakra

Make a gentle fist, and rotate your wrists in the same direction. Now rotate the other direction. Keep the breath flowing.



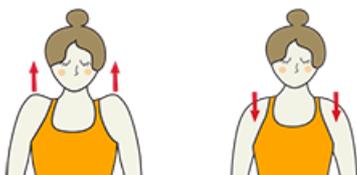
3. Ankle Rotations Close Up

Extend one leg straight and gently rotate the ankles the same direction, then switch legs and do the other side. Or, you can do both legs at the same time.



4. Shoulders Lift And Drop Close Up

Align earlobes and shoulders. Inhale to lift the shoulders up, exhale move them back and down. Feel the shoulder blades as they glide down your back.



5. Chair Neck Rolls C

Inhale to one side, and exhale to the other side. Keep the chin parallel to the ground. Then switch directions. Keep shoulders relaxed away from ears.



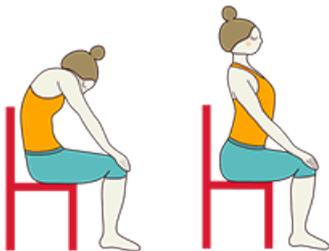
6. Chair Neck Rolls A

Align earlobes and shoulders. Inhale to gently lift the chin (maintain length in the back of the neck), exhale to bring the chin towards the collarbones. Move slowly.



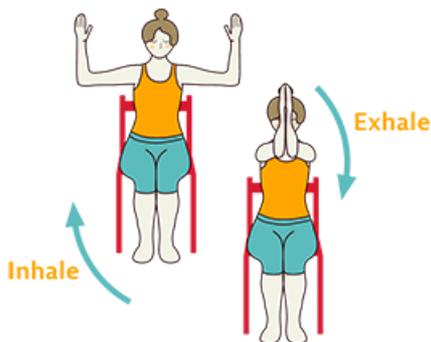
7. Chair Cat Cow Pose • Chair Marjaryasana Bitilasana

Place the hands on the thighs and keep the arms relatively straight. Inhale to gently lift the sternum, exhale to round the spine (tuck the chin towards the collarbones). Remember, 1 cm is movement!



8. Seated Cactus Arms Flow Chair

Make cactus arms by bringing the triceps parallel to the ground, and expanding through the upper chest. Inhale to open, and exhale to feel the elbows and palms connect (chest does not move). Keep the shoulders relaxed away from the ears.



9. Chair Seated Twists

OPTIONAL: Inhale to lengthen the spine as much as possible, exhale to twist from the navel, ribs and shoulders. Head should be the last to move into the twist. Be sure to do both sides and be gentle. NO TWISTING WITH NERVE DAMAGE OR RADICULOPATHY.



10. Seated Forward Fold Pose Two Chairs

Choose the forward fold option which is best for you, feel the gentle stretch in the low back. Relax the neck.



11. Seated Forward Fold Pose on Chair

Choose the forward fold option which is best for you, feel the gentle stretch in the low back. Relax the neck.



12. Mountain Pose Palms Facing Forward • Tadasana Palms Facing Forward

OPTIONAL, but encouraged: Stand with your feet hip's distance distance apart and parallel. Lift your toes, spread and relax them. Press the 4 corners of your feet into the floor. Neutralize your pelvis, and lift from the pelvic floor. Engage your core. Lengthen your side bodies from hip to armpits, and move your ears in line with your shoulders. Even inhales and exhales, soften with each breath.



13. **Mountain Pose Wall** • Tadasana Wall

OPTIONAL: Gently press gluts, shoulder blades, and back of the head into the wall. Use all standing mountain cues previously described. Place a block or blanket behind the head if the back of the head does not reach the wall. Extend palms out. 5 breaths each time, 3 sets total.



14. **Corpse Pose Variation Bolster** • Savasana Variation Bolster

Find a resting position either in a recliner, or on your bed. Allow your body to integrate all of the good work you just did.

