

Chair Yoga



“Balloon Breath”: Place palms on belly and inhale to expand belly like a balloon. Exhale and feel belly gently flatten. Repeat several times.



Exhale chin to chest. Inhale chin to look over right shoulder. Exhale chin to chest. Inhale chin to look over left shoulder. Repeat several times.



Exhale right ear to right shoulder, gently release left shoulder down, left hand can dangle off chair. Inhale head up. Repeat on opposite side.



Inhale shoulders up to ears, gently squeeze and exhale shoulders down with an audible sigh. Repeat several times.



Inhale, arch your back, reach forward through chest, looking up. Exhale chin to chest rounding the back, looking down. Repeat several times.



Seated Twist: place left hand on right knee, right hand on the right side seat of chair. Turn to look over right shoulder. Take several breaths. Exhale back to center. Repeat on other side.



"Sun Breaths": Inhale arms out to sides and overhead, palms up. Exhale arms down to sides. Repeat several times.



Extend right leg out. Inhale, point the toes. Exhale, flex the heel. Repeat several times. Circle at the ankle. Repeat with left leg.