

Chair Yoga Flow

Pose 1: Seated Mountain Pose

While seated, place both feet on the floor and at a comfortable distance apart, aligning your hips and shoulders. Place your hands on your legs or knees, and lengthen your spine into an upright position.

Pretend there is a string connected to your head and spine that is being gently lifted upwards. Focus on your breathing, letting go of anything not needed to hold the posture.

Pose 2: Side Stretch Twist

From Seated Mountain Pose, widen the legs to either side of the chair and point your feet outwards. Keeping your back elongated, place the palms of your hands on your knees. Focus on your breathing.

On your next exhale, pivot at your waist, placing your right elbow on your right leg. As you inhale, gently lift your left arm straight upwards. Point your head towards your left arm. Hold for a couple of breaths.

On your next exhale, bring your left arm down and pivot your waist in the opposite direction, placing your left elbow on your left leg. As you inhale, gently lift your right arm straight upwards. Point your head towards your right arm. Hold for a couple of breaths.

[Return to Seated Mountain Pose]

Pose 3: Backbend Arch

From Seated Mountain Pose, gently arch your back, as if to squeeze your shoulder blades together. Bring your hands together in front of your chest, gripping your fingers with your left hand over your right. Gently pull your hands apart while arching your back, holding for a couple of breaths.

[Back to Seated Mountain Pose]

Pose 4: Cat/Cow Pose

From Seated Mountain Pose, place the palms of your hands on your knees. On your next exhale, lean forward, rounding your back and curving your upper spine like a cat. Hold for a single breath.

On your next inhale, gently lengthen your spine and arch your back like a cow. Hold for a single breath.

Alternate between Cat and Cow Pose for several breaths. You may alternate between Cat and Cow more quickly, going into Cat Pose on your exhale and Cow Pose on your inhale.