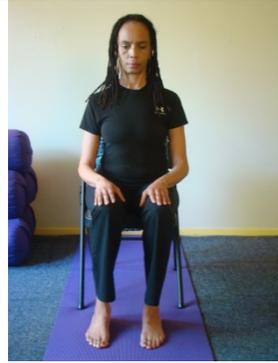


Easy Chair Yoga

Enjoy a simple yoga practice that can be done anywhere! Practice takes approximately 20 minutes, yet you can add more time or less by holding the poses a length of time that works for you!

CENTERING & BREATHING EXERCISES



Easy Seated Pose

Easy Seated Pose. Sit in a comfortable seated position. Sit directly onto your sits bones with your hips level to one another. Lengthen out your spine by sitting up tall. Relax your shoulders blades downward on your back. Bring your ears directly over your shoulders. Tuck your chin in slightly. Rest your hands on your thighs. Close your eyes and bring your awareness to your natural breath.

Deep Breathing

Sitting still, continue to breathe in and out of your nose. Follow your natural breath. Notice the pause that happens naturally between inhales and exhales. Don't force your breath to stop, just notice it. Continue to follow your breath for 3 complete cycles.

Now bring your awareness to the upper portion of your chest. Keep your eyes closed and place your right hand on your upper chest. Notice how your chest raises upward with each inhale and extend downward with each exhale.

Now bring your awareness to your belly. Soften your belly.

Place your left hand on your belly and notice how your belly expands or puffs outward like a balloon with each inhale and the floats back towards the spine with each exhale. Don't force the breath; just allow it to happen naturally.

Now become more intentional with your breath. Place your hands back on your knees and keep your eyes closed.

Breathe in, hold the breath for 2 heart beats and then exhale completely through your nose. Practice the intentional breath for 4 complete breaths. With each breath, notice the upper chest and belly expanding up and outward with the inhale and floating down and back with the exhale. Soften the muscles of your jaw. Soften the belly.

Before opening your eyes to begin the yoga exercises, take a moment to set an intention for your practice. Make it a simple statement such as, "I will practice opening my heart today," or "I will practice releasing the tension in my lower back," or "I will practice releasing all stress today." State the intention quietly to yourself and continue breathing for 3 complete cycles.

EASY CHAIR YOGA PRACTICE



Neck Releases

Neck Releases. Begin slowly rotating your neck three times to the right and then three times to the left. Return your head to center when done.



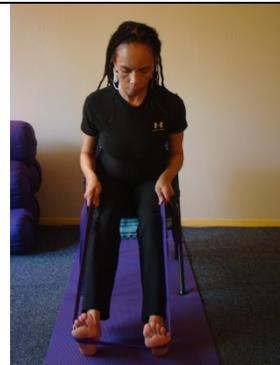
Neck turns

Neck turns. Inhale. While exhaling, turn your head to the right, stretching the left side of the neck. Inhale to center again. Exhale and turn your head to the left, stretching the right side of the neck. Inhale to center again.



Side Stretch

Side Stretch. Inhale and raise your right arm upward. Exhale and fold over to the left, stretching the right side of your body. Take three complete breaths. Inhale up and release your right hand down beside you. Inhale and raise your left arm upward. Practice on your left side.
Repeat the side stretch exercise again on both sides.



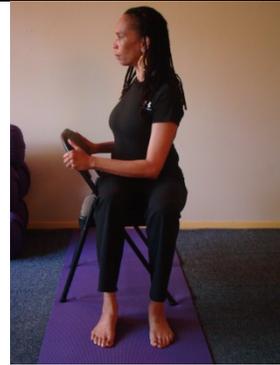
Seated Forward Fold

Hamstring Stretch. Extend your legs placing your heels on the floor with your toes lifted. Place the strap around the balls of your feet. Slide your hands down below your knees or place a strap under your feet and holding on with your elbows bent by your sides. Inhale and lengthen your spine. Exhale; fold forward over your legs. Take three complete breaths.



Seated Pigeon

Outer Hip Stretch. Sitting in a chair, lift your right leg and place your right ankle over your left knee. Place your right hand on your right knee and your left hand on the bottom of your right foot. Inhale and lengthen your spine. Exhale and fold forward over your legs. Take three complete breaths. Release your right leg and repeat the practice on the left side.



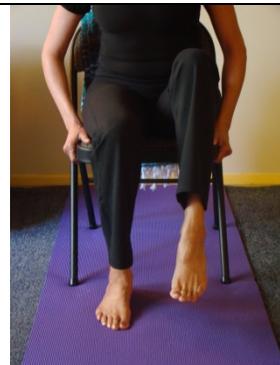
Sage Twist on chair

Chair Twist. Sit on the side of your chair, turning your torso towards the back of the chair, place your hands at an even level with one another. Inhale and lengthen your spine upwards out of your hips. Exhale and twist to the left. Take three complete breaths. Inhale and then exhale and release the twist, sitting tall, facing forward. Repeat on the opposite (right) side.



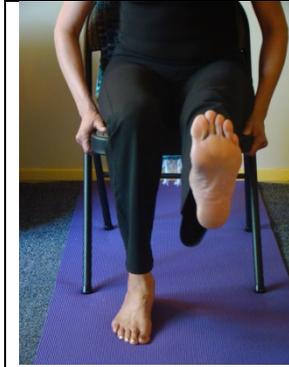
Ankle Stretch

Ankle Stretch. Sitting up tall, lift your right heel off the floor pressing firmly into the floor with the ball of your right foot. Take three complete breaths. Repeat on the opposite (left) side.



Thigh Lifts

Thigh Lifts. Sitting up tall, lift your right heel off the floor pressing firmly with the ball of your right foot. Using your thigh muscle, inhale and lift your right thigh slightly higher than your hip keeping your knee bent. Exhaling, place your foot back on the floor. Repeat on the opposite (left) side.



Extended Leg Lifts

Extended Leg Lifts. Sitting up tall, lift your right heel off the floor pressing firming with the ball of your right foot. Using your thigh muscle, inhale and lift your right leg slightly higher than your hip, then extend your leg forward flexing your foot. Exhaling, bend your knee and place your foot back on the floor. Repeat on the opposite (left side).



Shoulder Stretches/Tension-Release

Shoulder Stretches/Tension-Release
Sitting up tall, extend one arm forward, shoulder height with a tennis ball in your hand. Inhaling squeeze the ball firmly. Exhale and release the tension of the squeeze. Repeat the exercise four times with each arm.



Shoulder Stretches/Flexion & Extension

Shoulder Stretches/Flexion & Extension
Sitting up tall, extend one arm forward, shoulder height with a tennis ball in your hand. Inhaling, extend your arm upwards. Exhaling, extend your arm down along your side. Repeat the exercise four times with each arm.



Shoulder Stretches/Biceps

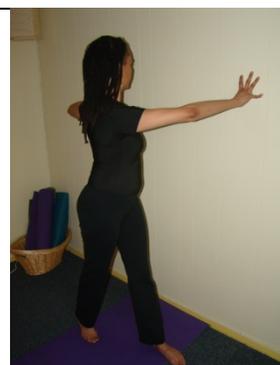
Shoulder Stretches/Biceps
Sitting up tall, extend one arm towards the side, shoulder height with a tennis ball in your hand. Exhale; lower your arm towards your side. Inhaling lift your arm shoulders height. Repeat the exercise four times with each arm.

BONUS PRACTICE: TRY A FEW STANDING POSES!



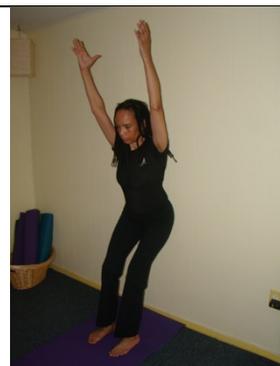
Half forward fold at the wall

Standing half forward fold. Facing the wall, place your fingertips on the wall at hip height. Exhaling, begin to walk backwards away from the wall until your torso is parallel with the floor. Keep your spine straight, arms extended, hips, knees and ankles in alignment. If your hamstrings are tight, bend your knees slightly. Enjoy your breath.



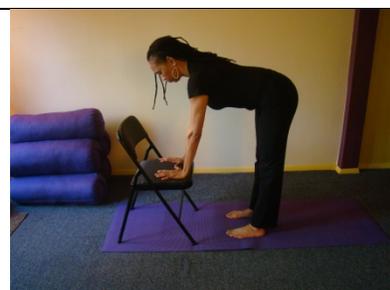
Wall Twists

Wall Twists. Stand up tall with your right side at the wall. Step your right foot forward and your left foot back- keeping your feet parallel with one another. Turn your torso towards the wall, placing your fingertips on the wall shoulder height. Inhaling, lengthen your spine and twist towards the right. Be sure to keep your feet firmly on the floor. Take three complete breaths in the twist. Exhale release and repeat on the opposite side.



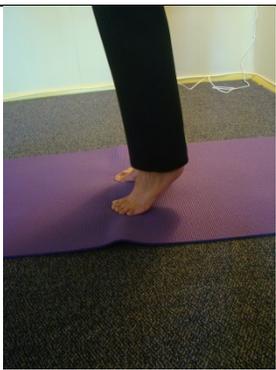
Chair Pose

Chair Pose. Stand up tall with your hips against the wall. Place your hands on your hips. Exhaling, bend forward half way. Inhale, bend your knees and lift your torso. Extend your arms upwards. Enjoy your breath.



Standing forward fold with chair

Standing Forward Fold. Standing in front of a chair, inhale and raise your arms directly overhead, reaching upwards. Exhale and bend forward from the hips folding over while keeping a straight spine. Take three complete breaths allowing your breath to soften your lower back and hamstrings. If your hamstrings are particularly tight, take a slight bend to your knees.

 <p>Downward Facing Dog with chair</p>	<p>Downward Facing Dog with Chair. From forward fold, step you're your feet back far enough to extend your arms straight. Push your hips backwards. Take three complete breaths.</p> <p>To come out of the pose: bend your knees and walk your feet back towards the chair. Placing your hands on your hips, inhale and lift your torso.</p>
 <p>Tree Pose</p>	<p>Tree Pose. Stand tall with your back against the wall. Focus your gaze on a single point in front of your mat. Placing your hands on your hips, shift your weight to your right leg. Bend your left knee and place your heel against your shin. Inhale and lengthen your spine. Place your hands in front of your heart. Enjoy your breath. Practice the pose on the opposite (left) side.</p>
 <p>Balance</p>	<p>Balance. Standing tall in the middle of your mat. Focus your gaze on a single point in front of your mat. Placing your hands on your hips, shift your weight towards the balls of your feet. Inhale and lift your heels from the floor. Enjoy your breath.</p> <p>Exhaling, lower your heels toward the floor, bending your knees slightly.</p> <p>Now practice the pose with your arms extended upwards towards the sky.</p>