

Chair Yoga



LEVEL 1 POSES – ARCHER ARMS



ARCHER ARMS

Benefits: Stretches the triceps and shoulder.

Directions: As you inhale, reach your right arm up towards the sky.

Bend the elbow, reaching your fingertips towards your shoulderblades. Use your left hand to gently press your right elbow back. Make sure not to let your chest lift up too much and breathe into the sensation. Stay for a few breaths before repeating on the second side.

LEVEL 1 POSES – BUTTERFLY



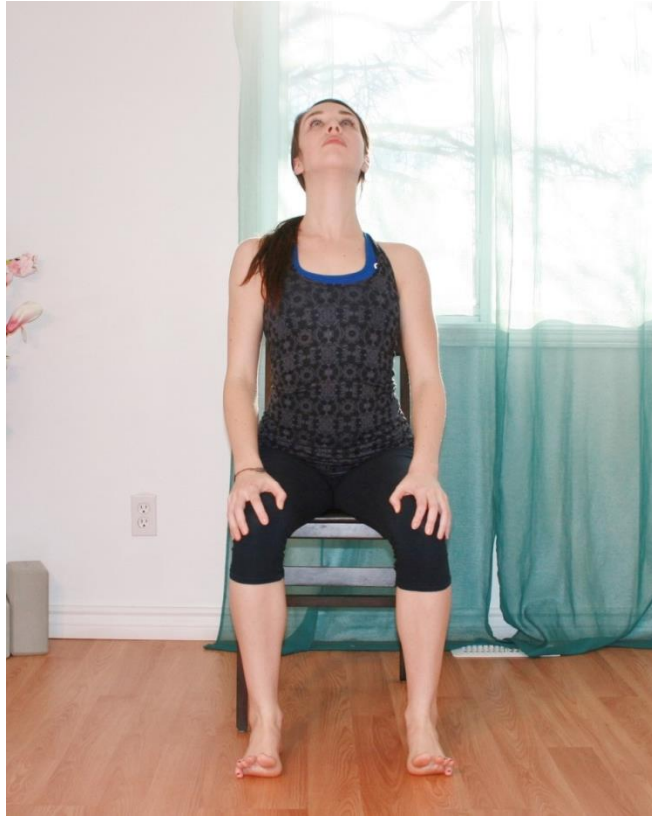
BUTTERFLY

Benefits: Soothing posture to open up the hips and inner groin and quiet the mind.

Directions: Bring the soles of your feet to touch and let your knees fall open. Your feet can stay down on the ground, rest on a block, or come all the way up onto your chair. Rest your hands at your heart or gently let them settle on your hips. Take deep breaths in this pose.

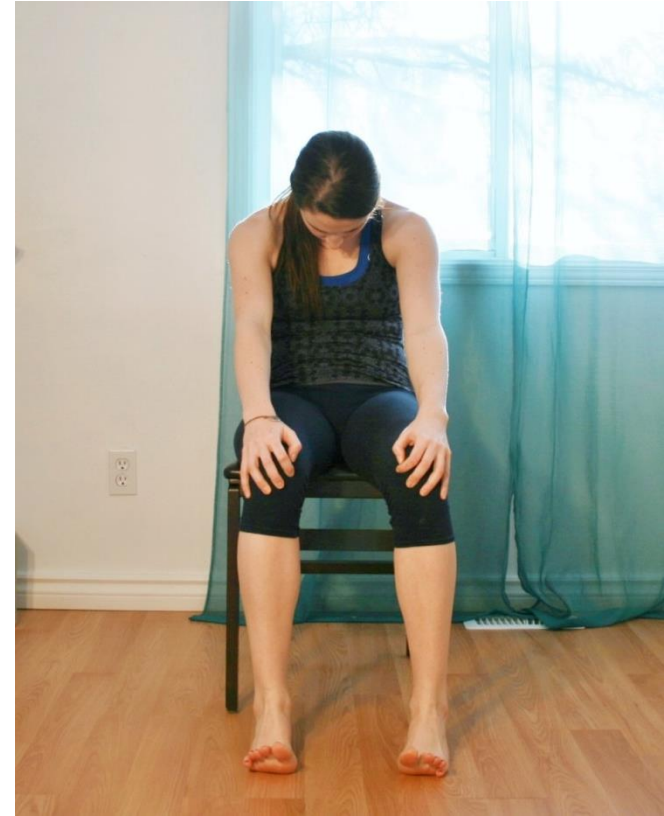
LEVEL 1 POSES – CAT & COW

1



COW POSE

2



CAT POSE

Benefits: Strengthens and stretches the spine and neck.

Directions: Place your palms on your knees and as you inhale, lift your chest up towards the sky while lightly squeezing your shoulderblades behind your back. As you exhale, round your spine, pull your belly button in while dropping your chin towards your chest. Repeat for a few rounds moving at the rhythm of your breath.

LEVEL 1 POSES – NECK RELEASES

1



NECK RELEASE – VERSION 1

Benefits: Stretches the front and side of the neck and opens up the chest.

Directions: Interlace your fingers and bring both palms to the left side of your waist. Press your right shoulder down and turn your head towards your left shoulder. Take a few breaths and repeat on the second side.

2

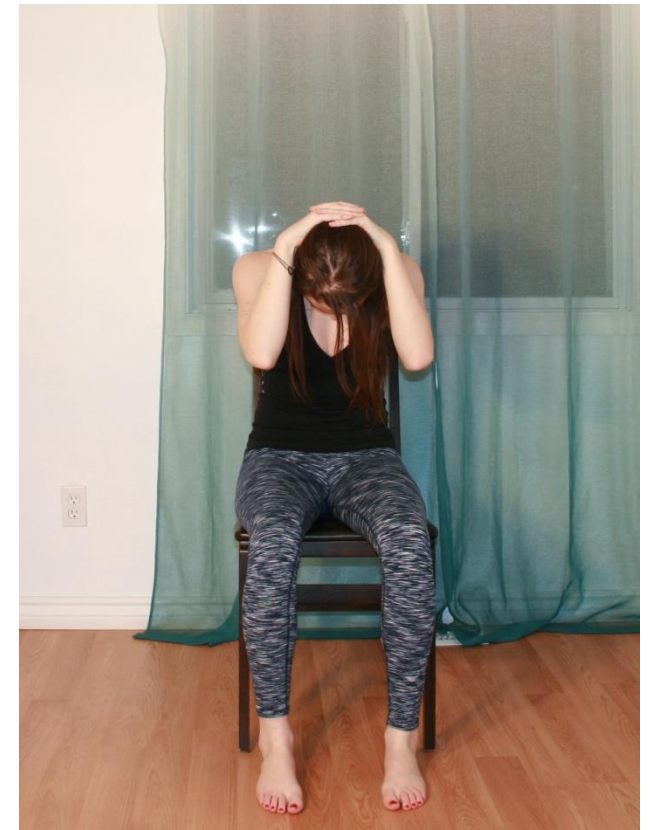


NECK RELEASE – VERSION 2

Benefits: Stretches the side of the neck and the top of the shoulder, releases jaw tension.

Directions: Drop your right shoulder towards your right ear, press your left shoulder down while reaching your left arm out. Take a few breaths and repeat on the second side.

3



NECK RELEASE – VERSION 3

Benefits: Stretches the back of the neck and upper back.

Directions: Tuck your chin in towards your chest, keeping your neck relaxed and your jaw soft. If you'd like to go deeper, interlace your fingers and gently press down.

LEVEL 1 POSES - SUN SALUTATION CYCLE

1

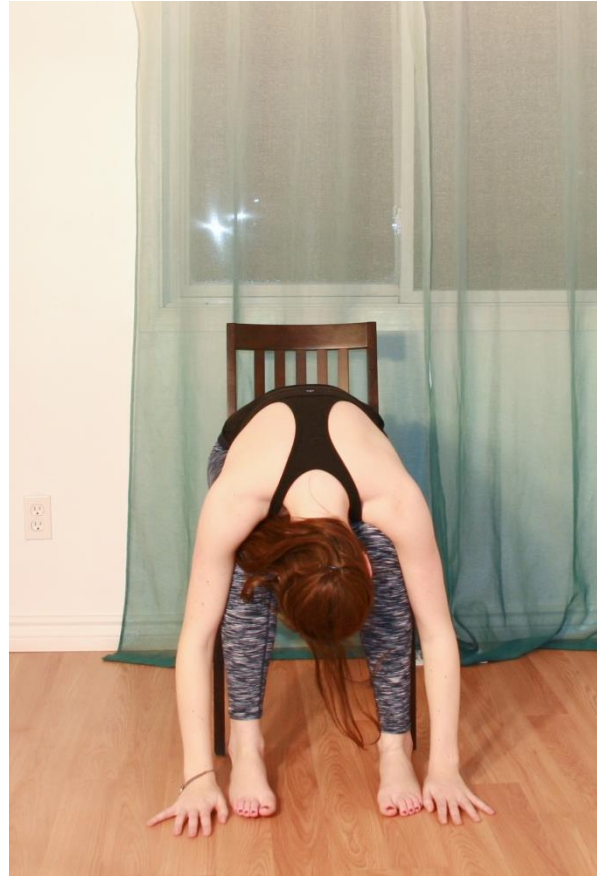


UPWARD SALUTE

Benefits: Lengthens the spine and stretches the shoulders.

Directions: On the inhale, reach both arms up and bring your palms to touch.

2

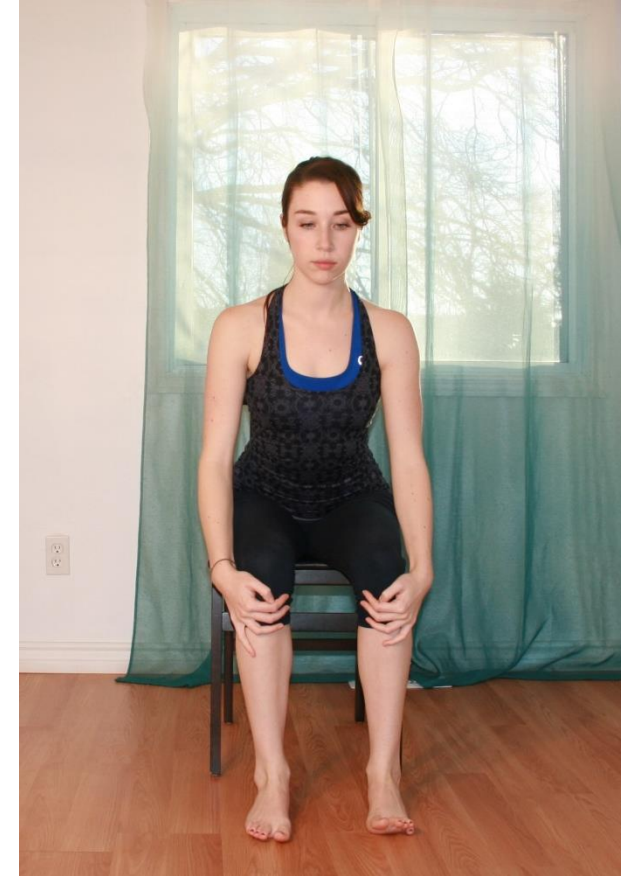


FORWARD FOLD

Benefits: Relaxes the neck and helps relieve stress.

Directions: On the exhale, fold forward, hinging at the hips. Relax your neck and let your head be heavy. Use blocks under the palms if the floor is too far away.

3

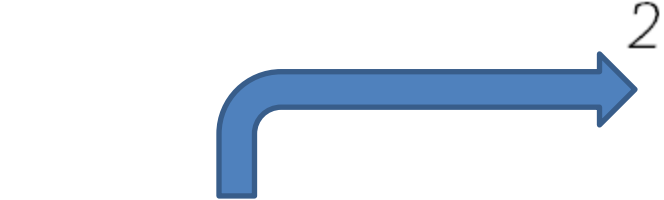


HALFWAY LIFT

Benefits: Lengthens the spine and engages the abdominals.

Directions: On your next inhale, come up halfway into a flat back. Rest your palms on your knees as you draw your heart forward.

LEVEL 1 POSES - SUN SALUTATION CYCLE



1



2



3



4



LEVEL 1 POSES — SIDE BEND



SIDE BEND

Benefits: Opens up the side body and stretches into the armpit, waist and top of the hip.

Directions: Hold onto the chair with your right hand and on the inhale, reach your left arm up and over. Lengthen the left side of your ribs and try not to round forward or collapse through the chest. Relax the neck and allow your head to be heavy for a neck stretch. Hold for a few breaths and repeat on the other side.

LEVEL 1 POSES – TWISTS

1



CROSS ARMED TWIST

Benefits: Engages the abdominals to twist and promotes a healthy spine.

Directions: Cross your arms over your chest and sit up tall. On the inhale lengthen your spine and as you exhale twist the upper body only. Lower belly hugs in, shoulders stay relaxed. Repeat on both sides.

2

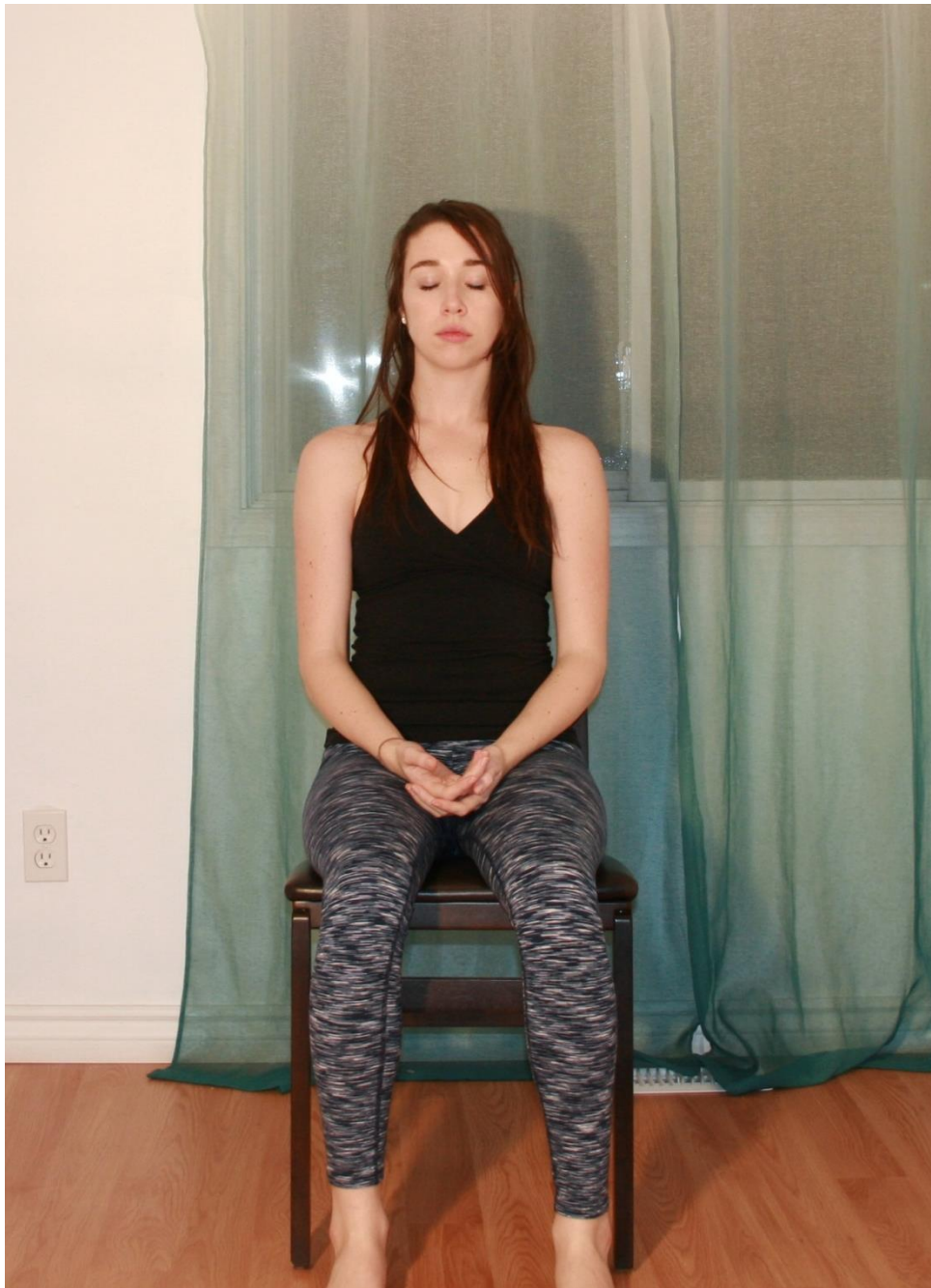


SUPPORTED TWIST

Benefits: Promotes a healthy spine and relieves lower back pain.

Directions: Sit up tall to lengthen the spine and reach your right arm over your left knee and left hand to the chair. Twist on the exhale, using the chair to go deeper while providing support. Repeat on both sides.

LEVEL 1 POSES – RESTING POSE



RESTING POSE

Benefits: Soothing posture to quiet the mind, reduce stress and develop a meditation practice.

Directions: This pose is traditionally done at the end of every class. Take a few moments to sit comfortably on your chair, resting your palms on your thighs and closing the eyes. Bring your awareness to your breath as you quiet your mind and relax.

LEVEL 2 POSES – CRESCENT LUNGE



CRESCENT POSE

Benefits: Stretches the hamstrings and hip flexors, strengthens the legs and shoulders and improves balance.

Directions: Keep your right foot forward and step your left foot back. Stay high on the ball of your left foot as you bend into your right knee. Use the chair for support as you reach one or both arms up. Keep your shoulders over your hips, tailbone lengthening down and lower abdominals hugging in. Hold for a few breaths before switching sides.

LEVEL 2 POSES – DOWNWARD DOG



DOWNWARD DOG

Benefits: Lengthens the spine, opens up the shoulders and stretches the hamstrings.

Directions: Widen the distance between yourself and the chair while keeping your palms on the chair. Place your feet hip width distance apart with your knees slightly bent. Extend your arms forward shoulder width distance apart. Press your palms down on the chair to open up the shoulders and take deep belly breaths. Soften the jaw and if it feels good, relax your neck.

LEVEL 2 POSES – EAGLE POSE



EAGLE

Benefits: Improves concentration and focus, stretches the calves, shoulders, upper back and ankles.

Directions: Wrap your right thigh over your left, maybe also wrapping your right toes behind the left ankle. Reach your arms up and swing your right arm underneath your left, binding once at the elbows and maybe another time at the wrists. Press your forearms against each other, squeeze your inner thighs and lengthen your spine. Hold for a few breaths and repeat on the second side.

LEVEL 2 POSES – STANDING LEG LIFTS

1

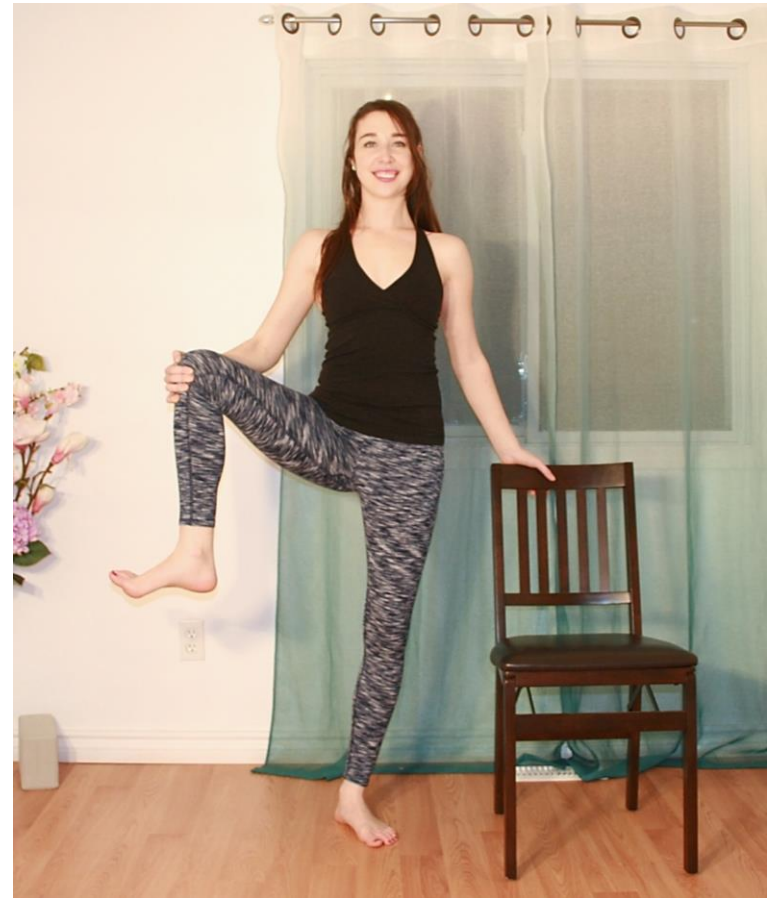


STANDING KNEE TO CHEST

Benefits: Develops balance, stretches the hip flexors and relieves lower back pain.

Directions: Use the chair for balance as you draw your right knee in towards the chest. Stand tall on your supporting leg and relax your shoulders. Hold for a few breaths and repeat on both sides.

2



STANDING HAND TO KNEE

Benefits: Develops balance and opens up the hips and inner groin.

Directions: Use the chair for support as you bring your right knee towards your right ribs. Keep the shoulders over the hips as you stand tall on your supporting leg. Hold for a few breaths and repeat on both sides.

LEVEL 2 POSES — SEATED PIGEON

1

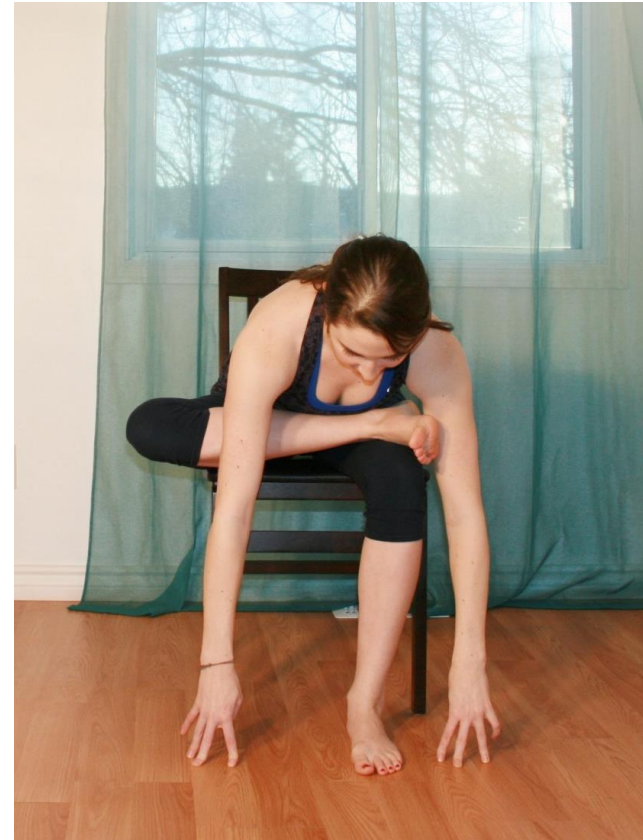


SEATED PIGEON

Benefits: Open up the hips.

Directions: Flex your right foot and bring it to the top of your left thigh. Sit up tall as you keep pressing your right knee down to open up the hip. Keep your right foot flexed to protect the knee. Hold for a few breaths before switching sides.

2



SEATED PIGEON FOLD

Benefits: Opens up the hips deeply and lengthens the spine.

Directions: From the seated pigeon pose, start to fold forward as you reach your fingertips towards the floor or to rest on a block. Breathe deeply into your right hip. Hold for a few breaths before switching sides.

LEVEL 2 POSES – TEMPLE POSE



TEMPLE

Benefits: Lengthens the spine, strengthens the upper back and shoulders and opens up the hips and inner groin.

Directions: Widen your legs with your feet turned out and your knees bent. Interlace your fingers and flip your palms as you lift your arms up overhead. Reach your arms as high as you can to lengthen the sides of the ribs and press your feet into the ground. Take a few strong breaths here before releasing the pose.

LEVEL 2 POSES – TREE POSE

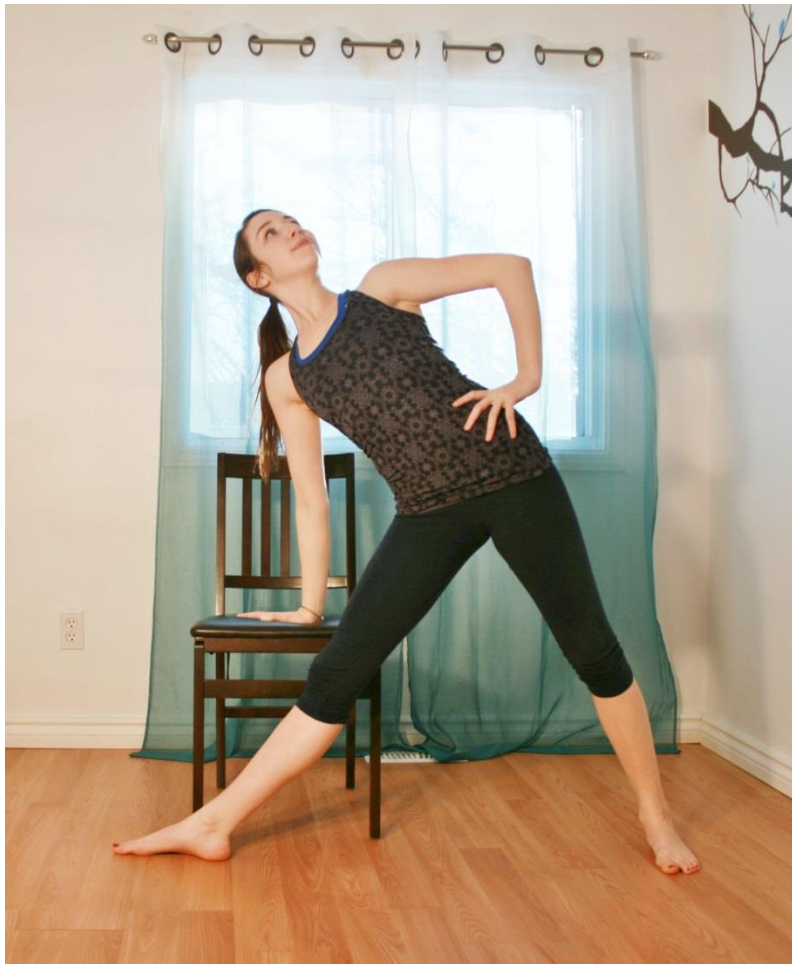


TREE POSE

Benefits: Improves focus and balance and opens the hips.

Directions: Using the chair for support, bring your right foot to the inside of the right shin or thigh. For more support, keep your right toes on the ground. Press the right knee open to externally rotate the hip. Stand tall on the supporting leg and reach the crown of your head up towards the sky to lengthen the spine. Take deep breaths and bring one or both hands on your hips. Repeat on the second side.

LEVEL 2 POSES – TRIANGLE



TRIANGLE

Benefits: Stretches the side body and hamstrings, improves balance and strengthens the legs.

Directions: Step your right foot forward and your left leg back, aligning your right heel with your back left arch. Keep both legs straight without locking the joints. Roll your left hip back as you use your chair for support. Keep your left hand on your hip as you roll your left shoulder back to expand through the chest. Look wherever is comfortable for the neck. Hold for a few breaths and repeat on the second side.

LEVEL 2 POSES - WARRIOR

1



WARRIOR 2

Benefits: Open up the hips, strengthens the legs, shoulders and arms and improves balance.

Directions: Bring your right thigh directly on the chair, right knee bent with the ankle directly under it. Straighten and reach your left leg out, aligning your right heel with the arch of your left foot. Reach both arms out and hold for a few breaths before switching sides.

2



EXHALTED WARRIOR

Benefits: Opens up the hips, strengthens the legs and stretches the side body while improving balance.

Directions: From your Warrior 2 pose, slide your left hand down your left leg as you reach your right arm up and over to come into a side bend. Look wherever is comfortable for the neck and take a few breaths before switching sides.

3



EXTENDED SIDE ANGLE

Benefits: Opens up the hips, strengthens the legs and stretches the side body while improving balance.

Directions: From your Warrior 2 pose, rest your right forearm over your right thigh as you reach your left arm up and over. Bring your left bicep along the ear and keep pressing firmly into your left foot. Hold for a few breaths before switching sides.