

## 1. Hands Chest Chair



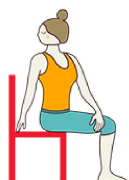
Sit tall at the front of your chair, feet flat on the floor, legs at 90 degrees, bring hands to heart centre. Take a moment to be aware of your surroundings, and then bring your attention inwards, connect with your breath and allow the breath to move with ease.

## 2. Chair Cat Cow Pose • Chair Marjaryasana Bitilasana



Rest the hands on the thighs. Cow pose: Inhale; slide the hands back; tilt the pelvis forward; lengthen the spine; lift the heart; take the shoulder blades back towards each other. Cat pose: Exhale; slide the hands forward tilt the pelvis back slightly. Do not round the spine excessively. Repeat 3 to 5 times.

## 3. Chair Seated Twists



Sit tall with both hands on thighs. Inhale, lengthen the spine; exhale, bring both hands to the right thigh. Look gently to the right. If you already feel tension in this gentle twist, stay here. Hold for 3 to 5 breaths. If you wish to rotate a little more: Inhale, lengthen the spine; exhale, reach the right hand behind you. Gently rotate back to centre.

## 4. Mountain Pose Raised Hands Chair • Tadasana Urdhva Hastasana Chair



Head into half sun salutations on the chair. Inhale reach the arms overhead...

## 5. Seated Forward Fold Pose on Chair

Exhale - fold forward onto the thighs...



## 6. Seated Half Forward Fold Pose Chair • Upavistha Ardha Uttanasana Chair

Inhale - lift half way...



7. **Seated Forward Fold Pose on Chair**

Exhale - fold forward...



8. **Mountain Pose Raised Hands Chair** • Tadasana Urdhva Hastasana Chair

Inhale - reach the arms overhead...



9. **Hands Chest Chair**

Exhale - hands to heart centre. Pause here for a moment and notice how the body feels.



10.

Repeat half sun salutation 3x

Repeat half sun salutation 3 times.

11. **Mountain Pose Raised Hands Chair** • Tadasana Urdhva Hastasana Chair

Inhale reach up!



12. **Seated Forward Fold Pose on Chair**

Exhale fold forward...



13. **Seated Low Lunge Variation Chair** • Anjaneyasana Variation Chair

Inhale lengthen the spine; take hold of the right thigh; exhale pull the right knee towards the chest...



14. **Seated Downward Facing Dog Pose Chair** • Upavistha Adho Mukha Svanasana Chair

Exhale Extend both legs forward, heels on the floor, dorsiflex the feet, lengthen the spine, reach the arms overhead palms facing forward, press the palms into an imaginary wall....  
Hold for a few breaths...



15. **Seated Low Lunge Variation Chair** • Anjaneyasana Variation Chair

Inhale lengthen the spine; take hold of the left thigh; exhale pull the right knee towards the chest...inhale to release...



16. **Seated Forward Fold Pose on Chair**

..exhale to fold forward...



17. **Seated Half Forward Fold Pose Chair** • Upavistha Ardha Uttanasana Chair

...inhale lift half way...



18. **Seated Forward Fold Pose on Chair**

...exhale fold forward...





19. **Mountain Pose Raised Hands Chair** • Tadasana Urdhva Hastasana Chair

...inhale reach the arms overhead...



20. **Hands Chest Chair**

..exhale hands to heart center. Pause and notice how the body feels.

21.

Repeat sun salutation 3 times

Repeat sun salutation 3 times.



22. **Chair Mountain Pose** • Chair Tadasana

Sit tall but comfortably in your chair. Come to a place of stillness. Breathe and reflect on your practice.