## **Chair Yoga**





## Seated- hands to heart

Upward Salute

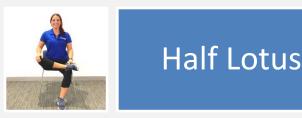




## Forward Bend



Knee to Chest



Seated Twist





Chair yoga İS а great alternative for anyone to experience the health benefits of yoga. Being seated means those who flexible less are or fall individuals with concerns can safely do the poses.

Yoga is an excellent way to stretch and loosen painful muscles, reduce stress, and improve circulation.

It also reduces anxiety, lowers blood pressure, protects joints, and helps build strength and balance.\*

- Perform pose sequence starting on the right side in seated position.
- Repeat on left.
- Come back to comfortable seated position and finish with eyes closed taking 3-5 deep breaths.

\* If you are new to exercise, check with your doctor before starting any exercise program.