

Chair Yoga



Seated- hands
to heart

Upward Salute



Forward Bend



Knee to Chest



Half Lotus



Seated Twist



Side Bend



Chair yoga is a great alternative for anyone to experience the health benefits of yoga. Being seated means those who are less flexible or individuals with fall 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.