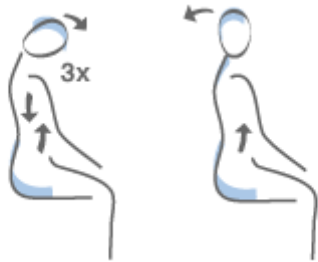
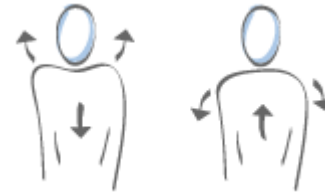


Chair Yoga



Bowing down to yourself

Sit with your back straight, both feet flat on the floor. Gently lower your chin to your chest. Take three long, deep breaths.



Shoulder release

Sit with your back straight and both feet flat on the floor.

Your arms should be by your side, palms facing inward. Inhale slowly, rolling your shoulders towards your ears, then exhale slowly rolling them backwards and downwards. Do five or more full circles.

Feel your spine lengthen.



Ear to shoulder

Sit with your back straight and both feet flat on the floor. Inhale deeply.

As you exhale, slowly roll your left ear towards your left shoulder. Inhale deeply and exhale slowly, rolling your chin down in to your chest. Inhale deeply and exhale slowly, rolling your right ear to your right shoulder.

Inhale deeply and exhale slowly, rolling your chin back to your chest. Do three or more sets.



Cat cows from chair

Sit with your back straight and both feet flat on the floor. Press your buttocks into the chair. Hold onto your kneecaps and relax your shoulders and arms. Inhale slowly, pressing and lifting your chest forwards and up. You should feel a slight arch in your back. Then exhale slowly, rounding your back, pulling your navel in to your spine and curling your shoulders forwards. Repeat this sequence until your body feels relaxed.



Lower back stretch

Sit with your back straight and both feet flat on the floor.

Slowly lower your forearms to your thighs as you begin to stretch out with the crown of your head, lengthening your spine.

Bring your chest towards your thighs, relaxing your head and allowing your mind to focus.

If you can rest your chest on your thighs, slowly lower your hands to the floor and walk your hands away from your toes.

Take five to ten long deep breaths.

To complete this posture slowly bring your hands to your knees and round out your back, uncurling one vertebrae at a time until you are sitting tall and straight.

Inhale, rolling your shoulders up to your ears then exhale, rolling your shoulders down.

Do this three times.



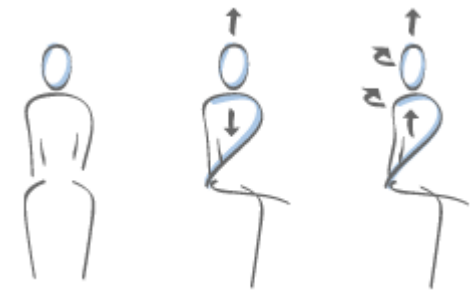
Hip opener

Sit with your back straight and both feet flat on the floor. Place your left ankle on top of your right knee.

Breathing long and deeply, slowly stretch your upper body over your left leg, leading with the crown of your head.

Let your arms hang to the ground or rest them at your sides. Relax your neck and take five to ten deep, long breaths.

To complete this posture: round your back, uncurling each vertebrae. Release your left leg and repeat on the other side.



Spinal twist

Sit with your back straight and both feet flat on the floor.

Cross your right leg over your left leg.

Place your left hand on the outside of your right knee. Inhale, lengthening your spine by lifting your chest upwards and outwards.

Exhale, turning your gaze towards the back of your chair.

Repeat. Each time you exhale, try and gently turn your spine a bit more. Do this ten times.

Slowly return your head to the center and uncross your right leg.

Take three deep breaths. Repeat the exercise on the other side.