

Chair Yoga Poses

Seated Neck Rolls

Avoid this pose if you have any issues or injuries to the neck or cervical spine. Begin by sitting up straight in a chair. Gaze up to the ceiling, keeping your neck long. Then bring your left ear down toward your left shoulder and hold (not pictured). Roll your head down toward the ground and bring your chin to your chest. Hold and finally, roll your head to the right and bring that ear to your right shoulder (not pictured). Inhale and exhale through the nose in a slow and controlled manner. Repeat twice. You can do the pose in a standing position.



Chair Mountain Pos

Begin by sitting up straight in a chair. Roll your shoulder blades back and down, arms relaxed at your sides. Pull your bellybutton in to your spine to engage your abs, and keep your feet flat on the floor, if possible. Inhale through the nose and raise your arms overhead. Keep your arms shoulder width apart, and relax your shoulders. If you feel your shoulders creep up around your ears, relax them. Keep the belly strong, and gaze in between your hands, to the ceiling. Stay here for five breaths. You can do the same pose in a standing position

Chair Cat Cow

Come to sit on a chair with the spine long and both feet planted flat on the floor. On an inhale, arch your back and drop your shoulders. This is cow position. On an exhale, round your spine, letting the shoulder and head come forward. This is cat position. Continue moving between cow on the inhalations and cat on the exhalation for five breaths.



Seated Forward Fold

On an exhalation, come into a forward bend over the legs. Let the hands rest on the floor if they reach it. Let the head hang heavy. On an inhalation, raise the arms back up over the head. Repeat this sequence several times, moving with the breath.

Seated Warrior

After your final forward bend, stay folded.

Bring your left fingertips to the floor on the outside of your left foot.

Open your chest as you twist to the right on an inhale, bringing your right arm and gaze up to the ceiling. Hold here for several breaths. Bring the right arm down on an exhale. If your left hand doesn't come easily to the floor, bring it to your left knee instead and twist from there.

For a more intense twist, bring the left fingertips to the outside of the right foot before twisting.

Do the same position with the right arm down and the left arm up.



Spinal Twist

While sitting with a straight spin, slowly turn your torso left to look over the back of the chair. Place your hands in a comfortable position on the back of the chair for extra leverage. Take a deep breath in, and during the inhalation, lengthen the spin as much as possible. As you exhale, twist your spine as far left as possible without causing pain. Repeat this for five breaths. Repeat the pose on the right side.

Seated Side Angle

Bring your left fingertips to the floor on the outside of your left foot.

Open your chest as you twist to the right on an inhale, bringing your right arm and gaze up to the ceiling. Hold here for several breaths. Bring the right arm down on an exhale. If your left hand doesn't come easily to the floor, bring it to your left knee instead and twist from there.

For a more intense twist, bring the left fingertips to the outside of the right foot (pictured here) before twisting. Do the same position with the right arm down and the left arm up.



Seated Pigeon

Bring your right ankle to rest on your left thigh, keeping the knee in line with your ankle as much as possible. Hold three to five breaths.

You may forward bend to intensify the stretch if you like. Repeat with the left leg up.

