

Chair Yoga Flow

Protecting the joints from swelling, experience full range of motion, improve balance and coordination

Warm Up

- Intention
- Offering
- Receiving
- Shoulder Circles
- Wrist Circles
- Neck Stretches
 - Arm Across Body
 - Lateral Stretch
 - Turtle
- Arms
 - Gentle Push
 - Shoulder Taps Circles
 - Elbow Taps inhale
open exhale tap
 - Cactus Arms
 - Inhale open
exhale close
 - Inhale up exhale
rotate down
 - SuperWoman, inhale
arms forward, exhale
arms reach back
 - Sun breath inhale up,
exhale 90, inhale up,
exhale parallel

squeeze, inhale up,
exhale down slowly

- Gentle Wrists
 - Circle shoulders and
wrists again
 - Palms facing up
Extend and Flex
 - Pronate and supinate
 - Make fists, circle in
both directions
 - Stretch each finger
 - Yay good job!!! Take a
bow
- Spine
 - Seated Cat Cow
 - Lateral Bend hand on
the chair
 - Gentle Twist notice
your back
 - Gentle forward fold
twist
- Hips
 - Gentle butterfly
 - Hold knee circles
 - Opposite arm and leg
extensions
- Feet
 - Ankle Circles
 - Dorsiflex and
plantarflex
 - Toe yoga
- Take a Bow
- Hold your fold for several
deep breaths

- Sit with palms facing up for several deep breaths.

- Side star
- Warrior 3
- Other side

Standing Warm Up

- Stand up nose over toes
- Hip Circles
- Up Salute
- Mountain
- Palm 1
- Palm 2
- One leg calf raises
- Standing Sun Breath

Standing flow

- Breath Movement
 - Up salute
 - Forward fold
 - Flat back
 - Down dog
- Lunge
- Warrior 1
- Warrior 2
- Side angle
- Revolve side angle
- Triangle
- Revolve triangle
- Star
- Squat knees away from center line
- Up Salute
- Side Salute
- Tree

Cool Down

- Seated Cat Cow
- Opposite Arm and Leg Extension
- Butterfly
 - 1 leg at a time
 - Together
- Seated Twist
- Calming Circles
 - Wrists
 - Shoulders
 - Ankles
- Moon Piercing Breath (Chandra Bhedana) Breathe through the left nostril 8 times. Breathe normally.

Final Relaxation