

CHAIR YOGA

THE CORE

Row

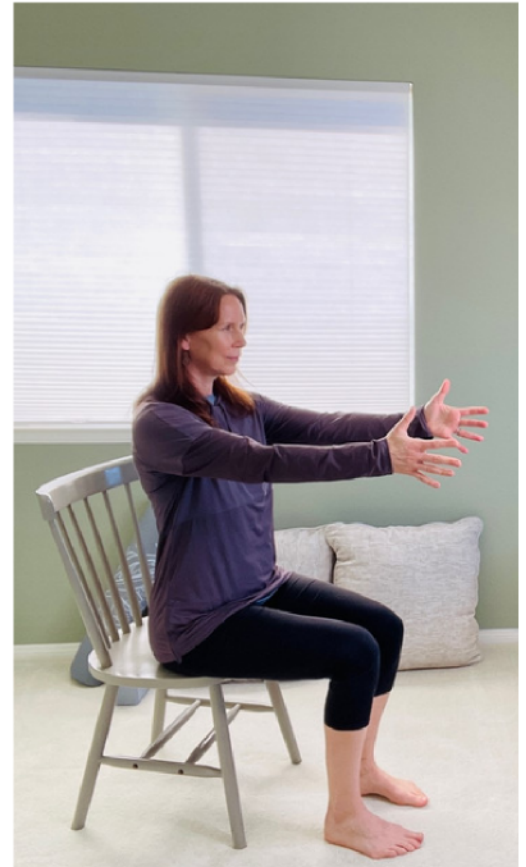
Begin seated in Mountain Pose with a long spine- hands are by your sides with palms facing the body.

Inhale to raise the arms to shoulder height, exhale to bend the elbows and bring the hands back by the ribs. Inhale to extend the arms back out in front of the body.

Repeat 5-8 times or as desired, 1-2 sets as desired.

Exhale to release the arms back by your sides.

Modification- Only raise the arms up as high as is comfortable, do not force or strain.



Lateral Side Stretch

Begin seated in Mountain Pose with a long spine. Bend one elbow and place the hand near the shoulder. Inhale as you lift the elbow up towards the sky and exhale as you release the elbow back down. Repeat 3-5 times or as desired. Repeat on the other side.

You may choose to extend the elbow and reach the fingertips toward the sky for a deeper stretch as you hold the pose for 2-3 breaths (spine stays long-do not crunch).

Modification- If placing the hand near the shoulder is not comfortable, hug the elbow to the side of the body, bend the elbow to 90 degrees, and then lift the elbow up to shoulder height as able.



Option to stretch the arm overhead

Cactus With Half Goddess

Begin seated in your Mountain Pose with the arms by your sides and palms facing forward. Inhale to raise the arms up to shoulder height. Exhale to bend the elbows. Inhale to bring one foot out to the side (toes can point out if that is available to you). Exhale to bring the foot back in as you bring the palms and elbows together. Inhale to open the arms out to Cactus Arms and bring the opposite foot out to the side.

Repeat as you alternate side to side, engage the core as you stabilize through the supporting limb. Repeat 4-6 times each side or as desired. Exhale to release the arms back by your sides and the foot back to center.

Modification- Only raise the arms up as high as is comfortable. Palms and elbows may not touch and that is fine. If moving the arms and leg at the same time is too much, practice them separately.



Raised Chair Pose with Arms

Begin seated in your Mountain Pose with the arms by your sides and the palms facing the body. Inhale to lengthen the spine. Exhale to hinge at the hip creases- spine remains long. Inhale to lift the heels off the floor. Hold here, or on your next inhale raise the arms forward. Exhale to release the arms back down.

Continue to raise and lower the arms 4-6 times or as desired as you work to maintain your chair pose with heels raised. On an exhale, release the heels and arms down and hinge at the hips to return to center

Modification- Only hinge forward as much as is comfortable, it may be an inch or two. You may choose to keep the heels lowered as you move the arms or you may choose to lift and lower the heels in your chair pose and eliminate the arm movement.



Option to keep the
heels lowered

Boat Pose Variation

Begin seated in your Mountain Pose

Inhale to lengthen the spine and stabilize through both feet.

Exhale to hinge at the hips and lean back (think opposite of chair pose)- spine remains long.

Stay here for 2-3 breaths as able, or option to gently lift one knee up as you inhale and gently lower as you exhale. Repeat on the other side.

Wherever you are, on an exhale hinge at the hips and return to center. Repeat 2-3 times as desired.

Modification- Only lean back as much as is comfortable- it will only be an inch or two. If you are seated back in your chair, gently press back in the chair to feel the core engage.



Option to lift and lower
the knees

Namaste!

The Peaceful Chair and thepeacefulchair.com strongly recommends consulting with your healthcare provider before starting this or any exercise program. By engaging in this exercise, you agree that you do so at your own risk