

Chair Yoga

The regular practice of yoga creates mental clarity and calmness; relieves chronic stress patterns; relaxes the mind; centers attention; and sharpens concentration.

Sitting:

1. Extend the right leg, flex and point foot. Circle foot around twice, both directions. Repeat on left leg.
2. Place outside of right foot on left knee. Lean forward, flat back. Take 3 big breaths.
3. Drop right leg over left knee and twist your torso to the right, holding back of chair. Breathe.
4. Repeat steps 2 and 3 on opposite leg.
5. Stretch arms overhead; then, bring them down and slide hands over thighs, knees, and shins until you're touching the floor. Breathe.

Standing:

6. "Chair Pose": Hands on knees, stand up keeping knees bent and bring arms overhead. Gaze up through your hands. Breathe.
7. Stay standing and straighten legs. Bend to touch the floor, look to the horizon, bend to touch the floor again and rise. Breathe.
8. "Eagle Pose": Twist right arm in front of left arm at elbows and clasp your hands together. Keeping hands tightly clasped try to pull them apart. This will stretch your shoulders. Repeat with left arm in front.
9. Shrug shoulders. Roll them forward and back.
10. Lock fingers behind head, bend to the right side: low, lower, lowest. Repeat on left side. Breathe, breathe, and breathe.

REMEMBER:

- Each time you perform an upward movement, INHALE.
- Each time you perform a downward movement, EXHALE.
- Decide that with each of the other movements you make, you will either inhale or exhale; in other words, let your breath move you!

NAMASTE

(The divine in me honors the divine in you.)