CHAIR YOGA: “GET FIT WHEN YOU SIT”

What is Chair Yoga? Using a chair to move the body in positions that help to stretch muscles and open up spaces for breath.

Why do I want to do this?
- increases circulation
- strengthens muscles
- increases flexibility
- lubricates joints
- improves range of motion and mobility
- improves balance
- eliminates toxins
- calms the mind and relaxes
- improves concentration

(Always secure permission from your medical doctor to participate in physical exercises prior to practicing on your own. Honor your body’s current capacities and the investment you’re making in your physical care.)

1. SEATED SIDE STRETCH

Why Do I Want to Do This?
Stretch and lengthen your sides and back, help open the diaphragm so you can breathe easier, release compression between the vertebrae, and increase range of motion in the spine, help relieve tension in neck.

The Move: Sit at the edge of your chair with both feet flat on the floor. Inhale and sweep your arms overhead. Interlace your fingers, turn your palms up and keep your arms by your ears. As you exhale, bend toward the right. Hold here for 5 breaths, inhale to center and exhale bending to the left.

2. SEATED EAGLE

Why Do I Want to Do This?
This stretch focuses on the arms, which will help relieve tension in your neck, shoulders, and stretch the upper back.

The Move: Loop the right arm under the left and try to bring the palms to touch. Lift the elbows toward shoulder height and take your hands away from your face. Hold for 5 breaths and switch sides.

ZED YOGA 2018 Lori Zeswitz, CYT zedyoga@gmail.com