

PARTICIPANT CHAIR YOGA GUIDE

Sitting Mountain



1. Sit in the chair with your feet planted at hips distance and your knees over your ankles.
2. Rest your hands, palms down on your thighs or in your lap. Eyes may be open gazing down, half closed or gently closed.
3. Lengthen your spine so your shoulders are directly over your hips and look straight ahead. Pull your belly button in to support your spine.
4. Inhale and exhale here for 5 deep breaths.

Centering and Circling



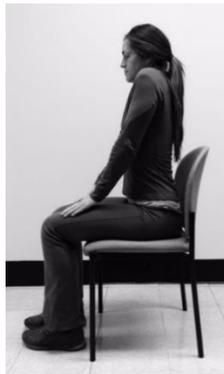
1. Sit upright in your chair with hands on your hips or one hand on your belly and one on your back.
2. Inhale and lengthen your spine.
3. Exhale and lean to the right, forward, left and back to center with your feet planted on the ground and your buttocks on the chair.
4. After circling 5 times, switch directions to circle the opposite way 5 times.

Neck



1. Inhale and lengthen your spine and back of your neck.
2. Gaze up and gently lift your chin.
3. Exhale and allow your chin to drop down toward your chest, keeping your spine long.
4. Let the weight of your head stretch muscles of neck and shoulders.
5. Inhale as you lift up through crown of your head and exhale as you turn your head to the right, looking over your right shoulder.
6. Inhale to center and exhale as you turn your head to the left, looking over your left shoulder.
7. Inhale to sit tall and exhale as you gently drop your right ear towards your right shoulder.
8. Inhale to sit tall and exhale as you gently drop your left ear towards your left shoulder.

Rolling your shoulders



1. Inhale as you lift your shoulders up toward your ears
2. Exhale as you roll them back down.
3. Inhale and exhale while rolling your shoulders 5 times.
4. Switch directions and roll your shoulders the other way 5 times.

Rocking Feet



1. Press your feet into the ground with your back and buttocks supported by the chair.
2. Feel your strong core, drawing your belly toward your spine.
3. Inhale as you lift your heels, pressing into your toes.
4. Exhale, rolling your feet onto your heels and lift your toes.
5. Repeat this five times.

Foot Extensions



1. Plant your right foot and lift the left leg up slightly.
2. Circle your ankle in and out a few times.
3. Plant your left foot and lift the right leg up slightly.
4. Circle your ankle in and out a few times.

Stirring the pot



1. Move slightly forward in your chair and draw your belly in and up.
2. Gently lean forward with a straight back.
3. Plant your feet wider than your hips and point your knees in direction of your toes.
4. Place one fist on top of other and circle your arms and torso, as though you are stirring a giant pot of soup.
5. Breathe fully and circle a few times in both directions.

Arms



1. Rest your left hand on your heart and inhale to stretch your right arm up as far as is comfortable.
2. Exhale to lower your right arm and place it on your heart.
3. Inhale to stretch your left arm up as far as is comfortable.
4. Exhale and release.
5. Repeat this exercise 5 times on each side while breathing fully.

Candle Breath



1. Bring your palms together at your heart center (Namaste position).
2. Inhale and reach your arms as wide as you want, swooping them up over your head.
3. Let your hands come together above your head to touch.
4. Exhale as you press your palms firmly together above your head and lower your hands to heart center.
5. Repeat this motion several times breathing fully.
6. Now reverse the motion
7. Start from heart center, inhaling as you press your palms and bring them over your head.
8. Exhale as your arms float down to your lap.
9. Inhale bring your hands back to heart center and repeat several times breathing fully.

Butterfly



1. Gently hook your thumbs together in front of you and gently stretch your other fingers out.
2. Begin to trace a sideways figure 8 as your eyes follow the movement.
3. Trace the figure 8 with your hands 5 times as you breathe fully.

Hamstrings (back of the leg) Stretch



1. Sit slightly forward in your chair, drawing your belly in toward the spine and plant your feet on the ground.
2. Hold onto the sides of the chair and inhale to lengthen your spine.
3. Slide your left foot forward, straighten your leg and flex your foot.
4. Exhale as you hinge at the hips and release your torso into a gentle bow keeping your back straight.
5. Take a few breaths here, exhale as you press into your left foot.
6. Press your hands into the chair to lift back up.
7. Switch sides and repeat the same sequence.

Spine: Arching & Rounding (Cat & Cow)



1. Bring your hand to your thighs with your palms facing down.
2. Push your hands out on your legs, close to your knees and lengthen your arms.
3. Draw your belly in and up to feel your strong core.
4. Inhale as you slowly slide both hands toward your hips, elbows hugging your torso.
5. Lift your chest and allow your upper back to gently arch.
6. Exhale as you slide both hands toward your knees and gently round your upper back.
7. Inhale and exhale through these positions 5 times.

Side Bend



1. Place both hands on your hips and inhale to lengthen your spine.
2. Exhale as you bend your torso to the right while you keep equal weight in both feet and buttocks.
3. Inhale as you return to center.
4. Inhale as you sit tall and exhale as you lean your torso to the left.
5. Inhale to return to center.
6. Inhale and exhale through these positions 5 times.

Gentle Twist



1. Bring your hands to your thighs and reach your hands towards your knees.
2. Inhale to lengthen your spine and exhale as you slide your right hand toward your right hip.
3. Put your left hand on your left knee and gently turn to the right.
4. Inhale and return to center.
5. Exhale as you slide your left hand toward your left hip.
6. Put your right hand over your right knee and gently turn to the left.
7. Inhale and return to center.
8. Inhale and exhale through these positions 5 times.

Chair Pose



1. Sit toward the front of your chair with your feet planted firmly with your knees directly over your feet.
2. Hold onto the sides of the chair with your hands on your hips and inhale to sit tall.
3. Exhale as you squeeze your buttocks and thighs and press your feet into the ground and lean forward with a straight spine.
4. Take 5 deep breaths in this extended position.
5. Exhale as you press into your feet and buttocks and come back to sitting.

Closing

1. Finish your chair yoga session with something fun and uplifting
2. Try shimmying, laughing, smiling, breathing, or whatever comes to you that brings you joy in that moment.