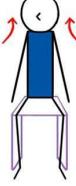
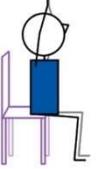
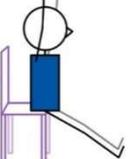
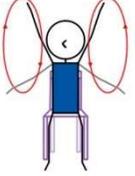
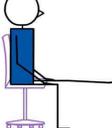
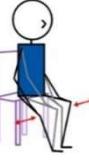




Chair Yoga

Try using a dynamic movement with the postures, entering the posture then releasing for 3 to 5 times and perhaps then holding for 3 breaths. This allows the connective tissue to loosen release, the longer hold will improve the conditioning.

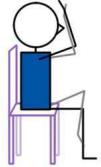
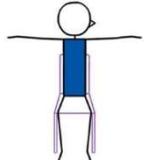
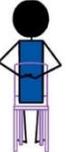
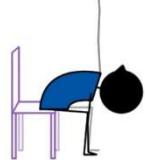
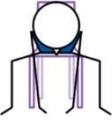
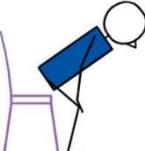
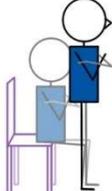
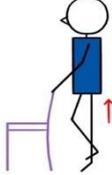
 <p>Grounding breath</p>	 <p>Shoulder shrugs</p>	 <p>Cat / cow Inhale shoulders back, exhale round back</p>	 <p>Roll down Tuck chin and roll upper spine</p>	 <p>Hug twists, head goes other way</p>
 <p>Neck roll, flex, twist</p>	 <p>Reach forward</p>	 <p>Arm raises</p>	 <p>Wrist press, pull fingers back</p>	 <p>Chest stretch</p>
 <p>Chest opener</p>	 <p>Easy back bend, hands behind head</p>	 <p>Cactus forward bend</p>	 <p>Sun salutations</p>	 <p>Sun salutations</p>
 <p>Arm circles</p>	 <p>Arms above and reach</p>	 <p>Side bends</p>	 <p>Leg Extensions and roll ankles</p>	 <p>Hip Openers</p>

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richard's yoga



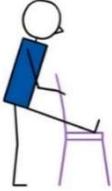
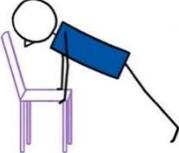
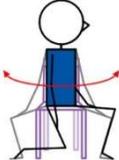
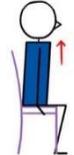
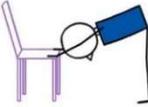
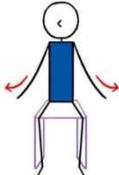
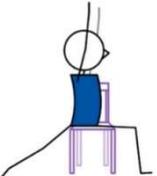
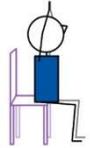
Chair Yoga				
 <p>Hand to toe (belt)</p>	 <p>Leg lift</p>	 <p>Side Triangle</p>	 <p>Eagle</p>	 <p>Cow Arms (belt)</p>
 <p>Knee hugs and circles</p>	 <p>Hip opener (crossed legs)</p>	 <p>Pigeon</p>	 <p>Leg lift and take head backwards</p>	 <p>Arm raises and circles</p>
 <p>Chest opener, clasp hands</p>	 <p>Forward bend</p>	 <p>Forward twist</p>	 <p>Forward twist</p>	 <p>Wide leg forward bend</p>
 <p>Ribs to thighs</p>	 <p>Chair (Lift off)</p>	 <p>Stand ups (Mountain)</p>	 <p>One leg balance leg extension</p>	 <p>One leg balance hip rotation (tree)</p>

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richard's yoga

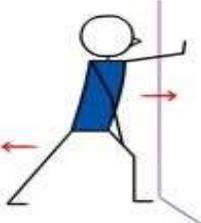


Chair Yoga				
 <p>Tree (supported)</p>	 <p>Leg sweeps</p>	 <p>Leg extension (Hamstrings)</p>	 <p>Squats</p>	 <p>Standing staff (supported)</p>
 <p>Plank</p>	 <p>Supported lunge twist</p>	 <p>Push ups</p>	 <p>Cat / Cow</p>	 <p>Leg Extension</p>
 <p>Down Dog</p>	 <p>Supported hip flexor lunges</p>	 <p>Supported knee raises</p>	 <p>Supported Triangle</p>	 <p>Arm raises</p>
 <p>Side bends</p>	 <p>Seated warrior</p>	 <p>Arms up</p>	 <p>Seated back bend</p>	 <p>Forward bend</p>

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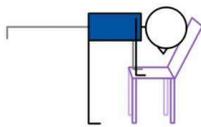
Chair Yoga (More intense standing)



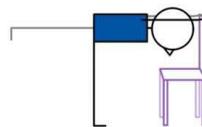
Wall lunge



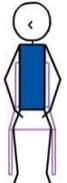
Chair against wall



Supported superman



Supported warrior 3



Diaphragm breath