Chair Yoga

For Shoulders & Wrists
These poses open up the chest, work against the body’s increasing tendency to slouch, help you breathe more easily, and can reduce carpal tunnel symptoms.

Pose 1: Option 1 or 2  Pose 2  Pose 3  Pose 4  Pose 5

For Back & Neck
These poses strengthen and stretch the muscles of the spine, restore the spine’s natural range of motion, and promote digestion.

Poses 1 and 2 (inhale ↔ exhale)  Pose 3  Pose 4  Pose 5

For Hips & Legs
These poses can relieve sciatica and lower back pain, improve circulation in the lower body, and help combat deep vein thrombosis and related disorders.

Pose 1: Option 1 or 2  Pose 2  Pose 3  Pose 4