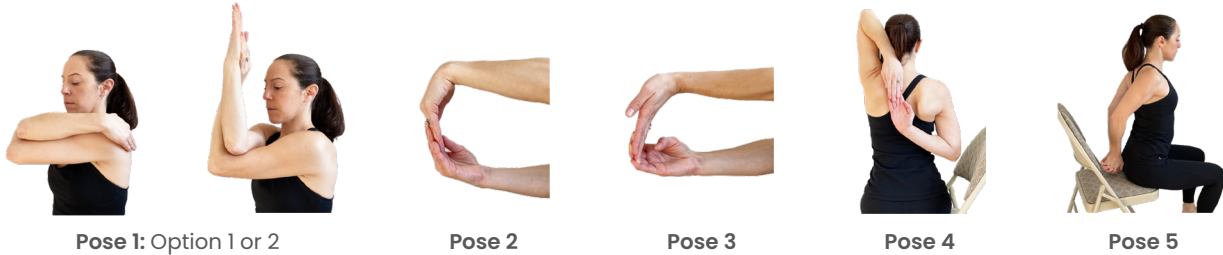


Chair Yoga

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.



For Back & Neck

These poses strengthen and stretch the muscles of the spine, restore the spine's natural range of motion, and promote digestion.



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.

