

CHAIR YOGA

Perfect for working from home or at the office!
Chair yoga takes less than 10 minutes!



SHOULDER SHRUGS

Bring your shoulders up toward your ears as you breathe in, and exhale sigh out and let them fall naturally. Repeat 5-10 times. Keep your feet grounded on the floor and sit up tall.



NECK SIDE STRETCH

Sit tall, keep your eyes forward. Bring one hand up and rest it on your head. Gently let your ear fall toward your shoulder. Breathe deep into your neck. Hold for 10-15 breaths each side.

CAT AND COW



With both feet grounded to the floor, connect to your deep breath. Inhale and draw your chest forward and shoulders back, as you look toward the sky (be mindful to not let your head drop back), and exhale round forward, feel your shoulder blades pull apart.

NECK STRETCH

Sit tall. Interlace your fingers and bring your hands behind your head, gently draw your chin toward your chest, do not force this movement. Hold for 10 - 20 breaths.



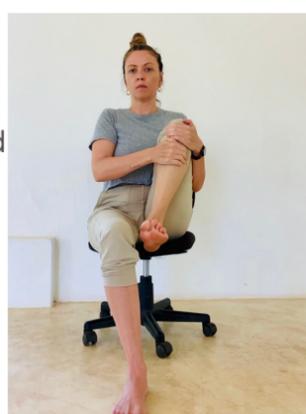
SHOULDER TWIST

Bring your hands to your knees as you inhale, sit tall, as you exhale drop your opposite shoulder toward the floor. Hold for 5-10 breaths each side. Or move dynamically.



FOOT YOGA

Sit tall, bring one foot up and place your fingers from your opposite hand between each toe, right to the webbing. While keeping your ankle stable, bend your foot in all direction. Massage your foot with your thumb. Hold for as long as you want! Min 20 breaths each side.



HIP PRESS

Sit tall and squeeze your knee toward your chest to feel a gentle compression on your hip flexors. Bring your forehead to your knee for an extra neck stretch. Hold for 10-20 breaths.

ROCK THE BABY

Dorsi flex your lifted foot, hold your flexed foot in your hand, your opposite hand will hold your lifted thigh just below your knee. Sit tall, breathe deep and slowly rock your lifted leg side to side. Hold for 10 breaths each side.



HIP STRETCH

Dorsi flex your lifted foot and bring it to your grounded thigh. Inhale and sit tall, slowly lean forward as you exhale. Breathe into your hip. Be mindful of your knees. Hold for 10 breaths each side.



LEG STRETCH

Do your single leg stretches first, you can either hold your hips or your chair, play with pointing and flexing your grounded foot. Then do both legs together. Hold each variation for 5 - 10 breaths.



TO FINISH

Bring both feet to the floor. Sit tall. Bring your left hand over top of your heart, and your right hand over your left. Connect to your heart beat, and your heart energy. Feel a sense of gratitude for yourself, and those in your life that support you. Take 5 deep breaths in through your nose and gentle sighs out through your mouth.