

# Chair Yoga Flow

Mountain Pose  
(Seated or Standing)



Upward Salute  
(Seated or Standing)



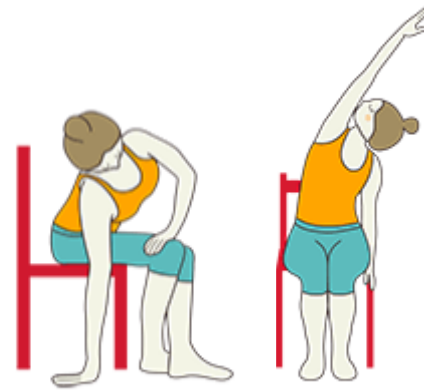
Seated Twist



Forward Bend



Extended Side Angle  
or Triangle Pose



Cat Cow



- Seated on the chair (chair that is comfortable and allows you to rest the feet firmly on the ground), bring the knees together, feet together, chest out, shoulders back, and chin slightly up and straight.
- Begin with the normal breathing for about 3-4 breaths, then, when the breath is soft and you are aware, begin with slow, deep breathing. Have one hand on the belly and chest to notice how the body moves with the breathing. Expand the abdomen as you inhale and contract as you exhale.
- Watch how with each inhalation, the breath is deeper and smooth. Be aware of the sensation of the breath at the tip of the nostrils and feel the same as it travels through the back of the throat and chest.
- Flow through each movement with inhalation beginning the start of each pose. Hold each pose for 4 breaths. Release and relax coming back to center. With the Seated Twist and the Extended Side Angle poses, extend and stretch the shoulders, hips, and arms taking the moment to focus on the connections to the body and breathing process.