Chair Peak Pose: Improve Your Balance

Image	Pose	Description
	Om	Sit with legs straight. Hands on floor beside hips. Palms down, fingers point forward. Cross legs. Lower knees. Lengthen spine by stretching back up. Rest palms on knees. Repeat OM in your mind or out loud, then allow silence to enter your mind. The silence can last for one inhale or for several seconds. Repeat 3 times. OMMMM (SILENCE ON INHALE) OMMMM (SILENCE ON INHAL0) OMMMM (SILENCE ON INHALE). **Alternatives:** Hero. Perfect. Lotus. **Benefits:** Flexibility in hips, spine. Improve posture. **Video:** https://www.youtube.com/embed/zLvJD7iKVhw?rel=0 **Modifications:** Pillow under buttocks. Back against wall. **Precautions :** Knee injury.
	Complete Breath	Sit with legs crossed. Close eyes. Inhaling slowly through nose. Feel abdomen, mid-body, and upper chest gently expand until you fill your lungs. Exhaling slowly through nose, gently empty lungs fully (feel belly button reaching to spine). **Benefits:** Calming. **Video:** https://www.youtube.com/embed/QyR77wEJ_Fw?rel=0
	Easy Side Bend I	Sit with legs crossed. Lower knees. Lengthen spine by stretching back up. Raise arms overhead and bend to the right. Bring right hand to floor. Repeat on left side. **Alternatives:** Hero. Perfect. Lotus. **Benefits:** Flexibility in hips, spine. Engages core. **Video:** https://www.youtube.com/embed/52I0T7JXJpI **Modifications:** A) Bring elbow flat on floor. B) Look up or down. **Precautions :** Knee injury.

Image	Pose	Description
	Butterfly Twist	Sit with legs outstretched. Bend knees. Bring soles of feet together. Keep heels close to body. Relax inner thighs. Twist to right. Hold. Repeat on left. **Alternatives:** Butterfly. **Benefits:** Improve digestion. Detox. Flexible spinal muscles. Reduce back pain. **Video:** https://www.youtube.com/embed/Bv6IJBehD6U **Modifications:** Folded blanket under buttocks **Precautions :** Groin or knee injury.
	Cow Face	Sit with legs crossed. Stretch right arm up and sweep arm behind torso. Reach right hand with left hand. Hook right and left fingers. Lift top elbow toward ceiling and lift chest. Keep left arm beside left side of head. **Alternatives:** Use a strap. **Benefits:** Stretches ankles, hips, thighs, shoulders, triceps, and chest. **Video:** https://www.youtube.com/embed/-acLT1IsMYo?rel=0 **Modifications:** A) Use folded blanket to lift sitting bones off the floor. B) If the fingertips don't meet, use a strap. C) Fold forward. **Precautions :** Shoulder injury.
	Cradle Baby	Sit with legs crossed. Keep left leg crossed. Hold right foot with both hands. Draw right shin into chest and cradle knee in elbow of right arm. Gently rock back and forth as if cradling a baby. **Benefits:** Hip opener. Stretches hams and calves. **Video:** https://www.youtube.com/embed/mUISBECd7W0 **Modifications:** A) Cradle Baby with a straight leg. B) Seated Knee Rotations (hold thigh and rotate your knee). **Precautions :** Hip injury.

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	Easy Forward Fold I	Cross legs. Place hands in front of you on the mat. Bend forward to elongate the spine. Lower shoulders. Straighten back. Gaze ahead. Hold. **Benefits:** Maintains knee, ankle mobility. Improves posture. **Video:** https://www.youtube.com/embed/QjvYiRcUBhE **Modifications:** Fold as close to the mat as possible with arms extended. **Precautions :** Knee, leg or spine injury. Sciatica.
	Easy Forward Fold III	Sit with legs crossed. Lower knees. Bow forward with arms extended. Rest head on mat. **Alternatives:** Hero. Perfect. Lotus. **Benefits:** Flexibility in hips, spine. Engages core. **Video:** https://www.youtube.com/embed/DWxvM7N6cnk **Modifications:** Rest forehead on stacked fists. **Precautions :** Knee injury.
	Head To Knee	Sit with legs outstretched (Staff). Bend right knee. Right foot rests against inside of left thigh. Flex left foot. Press top of thigh down. Lengthen spine. Turn to face left leg. Fold forward from hips. Keep spine long. Chest open. Shoulders down. Switch legs. **Alternatives:** Seated forward bend (both legs extended). **Benefits:** Stretches spine, shoulders, hams, groins. **Video:** https://www.youtube.com/embed/t7GJaYiDZ18?si=dY-u8fmrnPKJ2d8r **Modifications:** Use a strap. **Precautions :** Back injury.

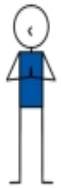
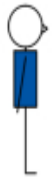
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	Mountain Namaste Mudra	Feet hip width apart. Tuck chin in. Legs slightly bent. Shoulders back and down. Bring palms together over heart chakra in namaste mudra. **Alternatives:** Samashthiti (feet together). Arms out to sides. **Benefits:** Improves posture. Strengthens legs and arms. Engages core. **Video:** https://www.youtube.com/embed/hvBfA5TKjYQ **Modifications:** Choose any hand mudra. **Precautions :** Pregnant.
	Mountain	Stand with feet hip-width apart. Tuck chin in. Legs slightly bent. Shoulders back and down. **Benefits:** Improves posture and concentration. Strengthens legs. Engages core. Strengthens your thighs, knees, and ankles. Firms your abdomen and buttocks. Relieves sciatica. Reduces flat feet. **Video:** https://www.youtube.com/embed/nwiyZSmfpWY?rel=0 **Modifications:** A) Palms together in prayer mudra behind the back. B) Hands raised over your head. C) Eyes closed. D) Samashthiti (feet together). E) Feet hip-distance apart. F) Rock gently back and forth and side to side. G) Block between the thighs. H) Palms together in front of the chest in prayer mudra. I) Interlace fingers and extend arms straight in front of you (shoulder stretch).- **Precautions :** Avoid locking the knees out (allow your knees to soften).

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	Uddiyana Bandha	Stand with feet slightly apart. Inhale deeply through nose. Exhale quickly and forcibly through nose. Contract abdominal muscles fully to push as much air as possible out of lungs. Relax abdominals. Repeat. **Benefits:** Strengthens core muscles. **Video:** https://www.youtube.com/embed/l2R0dkzkbzE **Modifications:** Press palms against tops of thighs. **Precautions :** Hernia. High blood pressure. Heart disease. Menstruation. Pregnancy.
	Standing Crescent	Stand in Mountain. Step feet together with big toes touching. Heels half an inch apart. Sweep arms above head. Press hands together in prayer. Inhale. Exhale while bending to the left. Keep feet rooted and Inner core engaged as you breathe into right side body. Repeat on opposite side. **Alternatives:** Standing Side Stretch. **Benefits:** Stretches sides of torso and spine. Stimulates abs. **Video:** https://www.youtube.com/embed/FWsL4uTuzR0 **Modifications:** Spin chest toward ceiling and look up. **Precautions :** Hip, shoulder, or neck injuries.
	Mountain	Stand with feet hip-width apart. Tuck chin in. Legs slightly bent. Shoulders back and down. **Benefits:** Improves posture and concentration. Strengthens legs. Engages core. Strengthens your thighs, knees, and ankles. Firms your abdomen and buttocks. Relieves sciatica. Reduces flat feet. **Video:** https://www.youtube.com/embed/nwiyZSmfpWY?rel=0 **Modifications:** A) Palms together in prayer mudra behind the back. B) Hands raised over your head. C) Eyes closed. D) Samashthiti (feet together). E) Feet hip-distance apart. F) Rock gently back and forth and side to side. G) Block between the thighs. H) Palms together in front of the chest in prayer mudra. I) Interlace fingers and extend arms straight in front of you (shoulder stretch).- **Precautions :** Avoid locking the knees out (allow your knees to soften).

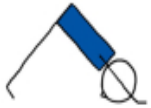
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	Standing Forward Bend	Stand in Mountain. Stretch arms overhead. Bend knees slightly. Fold forward from the waist. Hold onto the back of your legs or loop fingers around your big toes. Keep the back of your neck soft. **Benefits:** Calms the brain. Helps relieve stress. Stimulates liver and kidneys. Stretches hamstrings, calves, & hips. Strengthens thighs & knees. Improves digestion. Helps relieve symptoms of menopause. Reduces fatigue. Relieves headaches & insomnia. Therapeutic for asthma, high blood pressure, infertility, osteoporosis & sinusitis. **Video:** https://www.youtube.com/embed/hrp6Q_QyDkc?rel=0 **Modifications:** A) Bent knees. B) Loop fingers around big toes. C) Place the upper back against a wall. D) Place hands on blocks that are positioned close to your feet. E) Bend only halfway down. F) Use a wall for going halfway down. G) Let the body be loose as a goose while bending and allow the spine to take its time to stretch forward. H) Place head on a chair when in the forward bend. I) Do Gorilla pose (palms under soles of feet). **Precautions :** Back, knee, or hamstring injuries.
	Downward Facing Dog	Start in Mountain. Forward bend. Step feet back one at time. Lift buttocks. Lengthen spine. Press down through heels. Tuck chin in. Look at feet. Release jaw. **Alternatives:** Dolphin. **Benefits:** Stretches spine, hams, shoulders. Calms nervous system. **Video:** https://www.youtube.com/embed/ayRU3ecmPbI?rel=0 **Modifications:** A) Use a wall. B) Head on a block. C) Leg up. D) Arm up. E) Wide stance. **Precautions :** Pregnant. High blood pressure. Headache.

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	Standing Fold	Stand in Mountain. Stretch arms overhead. Bend knees slightly (don't straighten knees by locking them back). Fold forward from your waist. Back of neck soft. Hang loosely. Allow the spine take its time to stretch forward. **Benefits:** Calms the brain. Helps relieve stress. Stimulates liver and kidneys. Stretches hamstrings, calves, & hips. Strengthens thighs and knees. Improves digestion. Helps relieve symptoms of menopause. Reduces fatigue. Relieves headache and insomnia. Therapeutic for asthma, high blood pressure, infertility, osteoporosis, and sinusitis. **Video:** https://www.youtube.com/embed/hrp6Q_QyDkc?rel=0 **Modifications:** A) Bent knees. B) Loop fingers around big toes. C) Place upper back against wall. D) Place hands on blocks that are positioned close to your feet. E) Baby standing forward bend (bend only half way down). F) Use a chair or wall for going half way down. G) Do not use leverage in the pose to go deeper into the bend. Instead let the body be loose as a goose while bending and allow the spine take its time to stretch forward. H) Place head on a chair when in the forward bend. I) Do Gorilla pose (palms under soles of feet). **Precautions :** Back, knee, and hamstring injuries.
	Halfway Lift II	Stand in Mountain. Bring palms to tops of thighs with fingers pointing down. Push hands into thighs. Lengthen from tailbone through crown of head. Upper body parallel to floor. **Alternatives:** Tabletop. Gorilla. **Benefits:** Stretches hamstrings, calves, hips. **Video:** https://www.youtube.com/embed/ihj4dVBXMPg **Modifications:** A) Bend knees if back is stiff. B) Hands on mat. C) Half bound lotus forward bend. D) Hands behind to become super man/women. E) Gorilla (hands under soles of feet). **Precautions :** Back injury.

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	Standing Fold	Stand in Mountain. Stretch arms overhead. Bend knees slightly (don't straighten knees by locking them back). Fold forward from your waist. Back of neck soft. Hang loosely. Allow the spine take its time to stretch forward. **Benefits:** Calms the brain. Helps relieve stress. Stimulates liver and kidneys. Stretches hamstrings, calves, & hips. Strengthens thighs and knees. Improves digestion. Helps relieve symptoms of menopause. Reduces fatigue. Relieves headache and insomnia. Therapeutic for asthma, high blood pressure, infertility, osteoporosis, and sinusitis. **Video:** https://www.youtube.com/embed/hrp6Q_QyDkc?rel=0 **Modifications:** A) Bent knees. B) Loop fingers around big toes. C) Place upper back against wall. D) Place hands on blocks that are positioned close to your feet. E) Baby standing forward bend (bend only half way down). F) Use a chair or wall for going half way down. G) Do not use leverage in the pose to go deeper into the bend. Instead let the body be loose as a goose while bending and allow the spine take its time to stretch forward. H) Place head on a chair when in the forward bend. I) Do Gorilla pose (palms under soles of feet). **Precautions :** Back, knee, and hamstring injuries.
	Wide Leg Forward Bend	Start in Mountain. Widen legs. Hands on hips. Fold forward from hips into Forward Bend. Release torso down on exhale. Hands to floor. Walk feet wider apart. Release head. Lengthen legs on inhale. Release torso on exhale. To release bring hands to hips and lift up. **Benefits:** Strengthens and stretches legs, spine. Tones abs. **Video:** https://www.youtube.com/embed/gYeXUJdUsxg?rel=0 **Modifications:** Raise hands on block. **Precautions :** Low back injury.

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	End Of Sequence	
	Table Top	Come onto hands and knees. Bring knees hip-width apart. Palms directly under shoulders. Fingers facing forward. Gaze down. Flat back. Press into palms to drop shoulders away from ears. Press tail bone towards back wall and crown of head towards front wall. **Benefits:** Transition for many floor postures. Lengthens spine. **Video:** https://www.youtube.com/embed/PGAntbDQ6Xg **Modifications:** A) Make fists with hands (reduce pressure on wrists). B) Raise an arm. C) Raise one arm and the opposite leg. D) Folded towel or a wedge under the heels of your hands. E) Folded blanket or a yoga mat under your knees. F) Cat-Cow pose. **Precautions :** Wrist, knee or neck pain.
	Cat Cow	Sit with buttocks on heels. Come onto all fours. Wrists under shoulders. Pull navel into small of back. Inhale while raising head. Exhale, while lowering head and arching spine up like a cat. Repeat. **Benefits:** Stretches lower back. Engage care. Decompress spine. **Video:** https://www.youtube.com/embed/kqnua4rHVVA **Modifications:** Knee to chest. Raise leg or arm. **Precautions :** Neck injury.

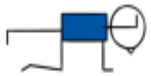
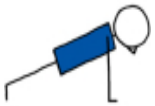
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	Cat Head To Knee	Sit with buttocks on heels. Come onto all fours. Wrists under shoulders. Engage core. Bring forehead to right knee. Bring forehead to left knee. Modifications include: Cat pose with leg raised. Cat pose with arm raised. Cat pose with rib cage circles. Cat pose with feet to the side. **Benefits:** Stretches lower back. Engage care. Decompress spine. **Video:** https://www.youtube.com/embed/sQ7xdUBKuS0 **Modifications:** Raise leg or arm. **Precautions :** Neck injury.
	Cow Arm Leg Raises	Start on hands and knees. Knees set directly below hips and wrists. Centre head in a neutral position. Eyes looking at floor. Raise right arm and left leg. Hold. Raise left leg arm and right leg. **Alternatives:** A) Cow pose. B) Raise arm. C) Raise leg. **Benefits:** Stretches torso and neck. Massages spine, and core. **Video:** https://www.youtube.com/embed/sQ7xdUBKuS0 **Modifications:** Raise arm and leg to side. **Precautions :** Neck or wrist injury.
	Plank	Begin on hands and knees. Knees under hips. Hands under shoulders. Roll shoulders back and down. Fingertips point forward. Don't splay elbows. Lift up in your middle as you step one foot straight back and then the other. Keep legs engaged in supporting the plank position. Hold. **Alternatives:** Dolphin. One Legged Side Plank. **Benefits:** Strengthens arms, wrists, spine. Tones abs. **Video:** https://www.youtube.com/embed/pSWYGXSNjdE?rel=0 **Modifications:** Knees on floor. Use wall to place feet for support. **Precautions :** Carpal tunnel syndrome

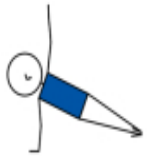
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	Side Plank	Start in Plank (top of a push-up). Extend body. Step feet together. Press weight down through right hand and forearm. Roll body to right, balancing on outer edge of right foot. Stack left foot on top of right foot. Keep legs straight. Extend left arm to the sky. Reach through fingertips as you lift hips. Press through heels into floor. Bring body into one straight line. Gaze at top thumb. Press down through your bottom index finger. Hold. Repeat on other side. **Benefits:** Stretches wrists and backs of legs. **Video:** https://www.youtube.com/embed/dFCrqn0RzJA **Modifications:** Lower right knee and shin to mat. **Precautions :** Arm, shoulder or wrist injury.
	Table Top	Come onto hands and knees. Bring knees hip-width apart. Palms directly under shoulders. Fingers facing forward. Gaze down. Flat back. Press into palms to drop shoulders away from ears. Press tail bone towards back wall and crown of head towards front wall. **Benefits:** Transition for many floor postures. Lengthens spine. **Video:** https://www.youtube.com/embed/PGAntbDQ6Xg **Modifications:** A) Make fists with hands (reduce pressure on wrists). B) Raise an arm. C) Raise one arm and the opposite leg. D) Folded towel or a wedge under the heels of your hands. E) Folded blanket or a yoga mat under your knees. F) Cat-Cow pose. **Precautions :** Wrist, knee or neck pain.
	Cat Cow	Sit with buttocks on heels. Come onto all fours. Wrists under shoulders. Pull navel into small of back. Inhale while raising head. Exhale, while lowering head and arching spine up like a cat. Repeat. **Benefits:** Stretches lower back. Engage care. Decompress spine. **Video:** https://www.youtube.com/embed/kqnua4rHVVA **Modifications:** Knee to chest. Raise leg or arm. **Precautions :** Neck injury.

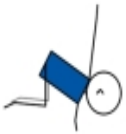
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	Extended Child	On all fours. Wrists below shoulders. Knees under hips. Use hands to walk forward and lower chest to floor. Drop buttocks until they reach halfway to feet. Arms straight. Forehead touches floor. Push hips back and stretch spine. **Benefits:** Stretches arms, shoulders, spine, hips. **Video:** https://www.youtube.com/embed/eqVMAPM00DM **Modifications:** A) Interlock fingers behind back. B) Knees together (instead of separated). C) Curl toes under (instead of flat). D) Place a rolled towel under shins. E) Place a yoga blanket underneath knees.-F) Place a bolster or pillow under belly or chest. G) Spread knees wider. **Precautions :** Knee injury.
	Thread The Needle Arm Up	Get on hands and knees. Slide right hand between left hand and left knee. Slide arm out to left (right shoulder and side of head rest on floor). Reach left hand up. Reach out through the fingers. Hold. Switch sides. **Alternatives:** Extended Puppy. **Benefits:** Stretches shoulders, arms, upper back, neck. **Video:** https://www.youtube.com/embed/nNICdJLGuAw **Modifications:** Folded blanket under knees. **Precautions :** Knees, shoulders, or neck injury.
	End Of Sequence	

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	The Mountain	Sit in Lotus Pose (bend one leg and place it on opposite thigh. Bend other leg and place it on opposite thigh). Take both hands in front of body and interlock fingers. Exhale and while inhaling stretch arms over head, turning palms outwards. Stretch body up. **Benefits:** Flexibility in hips, spine and shoulders. Improve posture. **Video:** https://www.youtube.com/embed/NbpketTl_MQ **Modifications:** Pillow under buttocks. Back against wall. Hero pose. Perfect pose. **Precautions :** Knee injury.
	Head To Knee	Sit with legs outstretched (Staff). Bend right knee. Right foot rests against inside of left thigh. Flex left foot. Press top of thigh down. Lengthen spine. Turn to face left leg. Fold forward from hips. Keep spine long. Chest open. Shoulders down. Switch legs. **Alternatives:** Seated forward bend (both legs extended). **Benefits:** Stretches spine, shoulders, hams, groins. **Video:** https://www.youtube.com/embed/t7GJaYiDZ18?si=dY-u8fmrnPKJ2d8r **Modifications:** Use a strap. **Precautions :** Back injury.
	Wide Angle Seated Fold	Sit with legs wide apart. Flex feet to align knees, toes pointing up. Place finger tips on floor behind hips. Engage core. Walk hands out in front (keep spine long and lead with heart). Stop when you feel you have reached a challenging but sustainable position. Instead of using force to get closer to the earth, imagine growing longer through your spine. **Benefits:** Stretches hips, back of body and groins. **Video:** https://www.youtube.com/embed/LPDBfSkwbGc **Modifications:** Blanket under buttocks and/or knees. Bolster to rest torso on. Block to rest forehead. **Precautions :** Back or knee injury. Pregnancy. Sacroiliac joint pain

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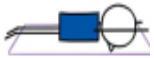
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yoga pose Image not found or type unknown	Cobra	Lie face down. Feet together. Toes pointing behind. Hands flat on the floor by the rib cage. Lift chest. Gaze forward. **Alternatives:** Sphinx. Crocodile. **Benefits:** Supple spine. Strengthen palms, wrists, toes. **Video:** https://www.youtube.com/embed/zgvolE4NAH0 **Modifications:** A) Cobra with a folded blanket under hips. B) Cobra with one leg raised. C) Cobra with two legs raised. D) Cobra with one arm raised in front. E) Cobra with two arms raised in front. F) Cobra with one arm raised to the side. G) Cobra with two arms raised to the side. H) Cobra on elbows. I) Cobra with both hands behind the head. J) Revolved cobra. K) Striking cobra (extended child to cobra). L) Chair cobra (seated backbend). M) Baby cobra (don't lift chest all the way up). **Precautions :** Pregnancy. CTS. Back injury.
	Superman	Lie on stomach. Feet together. Forehead on floor. Arms by sides. Palms up. Stretch chin slightly forward. Rest chin on mat. Soften front of body. Lift chest, arms, legs and thighs. Gaze straight ahead. **Alternatives:** Legs up wall. **Benefits:** Tones back muscles. Stimulate lower back. **Video:** https://www.youtube.com/embed/GbXBAc-gkqk **Modifications:** 1 leg up. Wide legs. Hands under body, to side or in front. **Precautions :** HBP. Hernia. Back injury.

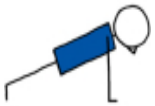
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	Reversed Savasana	Lie on stomach. Stretch both arms forward. Palms face down. Forehead rests on floor. Melt into your mat. Relax deeper on each exhale. **Alternatives:** Leg or arm lift. **Benefits:** Relaxing. Core strengthener. **Video:** https://www.youtube.com/embed/pDH_kn0xL4w **Modifications:** Place hands on forehead in Yoni Mudra. Pillow under chest. **Precautions :** Pregnancy.
	Plank	Begin on hands and knees. Knees under hips. Hands under shoulders. Roll shoulders back and down. Fingertips point forward. Don't splay elbows. Lift up in your middle as you step one foot straight back and then the other. Keep legs engaged in supporting the plank position. Hold. **Alternatives:** Dolphin. One Legged Side Plank. **Benefits:** Strengthens arms, wrists, spine. Tones abs. **Video:** https://www.youtube.com/embed/pSWYGXSNjdE?rel=0 **Modifications:** Knees on floor. Use wall to place feet for support. **Precautions :** Carpal tunnel syndrome

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	Extended Child	On all fours. Wrists below shoulders. Knees under hips. Use hands to walk forward and lower chest to floor. Drop buttocks until they reach halfway to feet. Arms straight. Forehead touches floor. Push hips back and stretch spine. **Benefits:** Stretches arms, shoulders, spine, hips. **Video:** https://www.youtube.com/embed/eqVMAPM00DM **Modifications:** A) Interlock fingers behind back. B) Knees together (instead of separated). C) Curl toes under (instead of flat). D) Place a rolled towel under shins. E) Place a yoga blanket underneath knees.-F) Place a bolster or pillow under belly or chest. G) Spread knees wider. **Precautions :** Knee injury.
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	Mountain	Stand with feet hip-width apart. Tuck chin in. Legs slightly bent. Shoulders back and down. **Benefits:** Improves posture and concentration. Strengthens legs. Engages core. Strengthens your thighs, knees, and ankles. Firms your abdomen and buttocks. Relieves sciatica. Reduces flat feet. **Video:** https://www.youtube.com/embed/nwiyZSmfpWY?rel=0 **Modifications:** A) Palms together in prayer mudra behind the back. B) Hands raised over your head. C) Eyes closed. D) Samashthiti (feet together). E) Feet hip-distance apart. F) Rock gently back and forth and side to side. G) Block between the thighs. H) Palms together in front of the chest in prayer mudra. I) Interlace fingers and extend arms straight in front of you (shoulder stretch).- **Precautions :** Avoid locking the knees out (allow your knees to soften).

Image	Pose	Description
	Tree	Start in Mountain. Weight on left foot. Inner foot firm. Bend right knee. Clasp right ankle. Press right foot sole against inner thigh. Resist with left leg. Hands in Anjali Mudra. Gaze at a fixed point. Repeat on other side. **Benefits:** Strengthens thighs, calves, ankles, spine. Stretches groins, thighs, chest, shoulders. **Video:** https://www.youtube.com/embed/wdln9qWYloU?rel=0 **Modifications:** A) Back against a wall. B) Close eyes. C) Bring hands overhead. D) Baby tree (place insides of soles of one foot near insides of ankles of the other foot). F) Hands on hips. G) Hold ankle with one hand and use other hand to balance. H) Tree with hand on chair for balance I) Tree with foot on chair. J) Half lotus tree (bring foot higher up your thigh). K) Tree side bend. L) Tree with a partner. **Precautions :** Knee injury.
	Chair	Start in Mountain. Raise arms perpendicular to the floor. Keep arms parallel, palms facing inward. Bend knees. Firm shoulder blades against the back. **Benefits:** Strengthens ankles, thighs, calves, and spine. Stretches chest. **Video:** https://www.youtube.com/embed/ySafTekJ3Ls **Modifications:** A) Block between thighs. B) Join palms overhead. C) Use a wall behind to support the hips. D) Stretch arms in front of you in alignment with your chest, instead of raising them overhead. E) Placing hands on thighs with palms facing down. F) Widen your stance. **Precautions :** Headache. Insomnia. Low blood pressure. Knee pain.

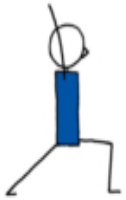
Image	Pose	Description
	Dancer	In Mountain find a point to gaze at. Shift weight onto right leg. Hold left ankle or foot. Extend right arm. Feel energy move through fingertips. **Alternatives:** Standing backbend. **Benefits:** Stretches spine. Balance. Tones leg muscles. Opens chest. **Video:** https://www.youtube.com/embed/7jPPym-Xfpg?rel=0 **Modifications:** Strap around front of foot.
	Warrior I	Start in Mountain. Wide stance. Press into outside edge of back foot. Bend forward knee (stop above ankle). Body weight centred. Arms overhead. Switch sides. **Alternatives:** Warrior II, III **Benefits:** Stretches chest, shoulders, abs. Strengthens arms. **Video:** https://www.youtube.com/embed/4hqmLOpkHrw?rel=0 **Modifications:** Back heel on folded blanket. **Precautions :** High blood pressure. Shoulder injury.
	Warrior II	Start in Mountain. Step feet wide apart. Raise arms parallel to floor. Palms down. Turn right foot in to right. Left foot at 90 degrees. Align left heel with right heel. Bend left knee over left ankle. Stretch arms parallel to floor. Turn head to look over fingers. Repeat on other side. **Alternatives:** Warrior I, III **Benefits:** Stretches groin, chest, shoulders, and abdominals. Relieves backache. **Video:** https://www.youtube.com/embed/4Ejz7IgODlU?rel=0 **Modifications:** A) High lunge with arms overhead. B) High lunge with backbend. C) High lunge with arms forward. D) High lunge with blocks under hands. E) High lunge with hands on hips. F) Block under back foot. G) Raise back heel on a folded blanket. **Precautions :** High blood pressure. Shoulder injury.

Image	Pose	Description
	Revolved Side Angle I	Stand in Mountain. Feet wide apart. Arms to waist. Rest hands on sides of hips. Turn both right foot and left foot outwards. Keep heels aligned. Firm up thighs. Keep right ankle aligned with centre of kneecap. Bring right thigh parallel to inner part of right foot and press it upwards. Extend left heel while pushing tailbone towards pubis. Lean torso downwards while turning further to right. Place left hand on floor. Place right hand next to right foot. Push thighbone towards floor. Lean torso towards back. Turn head towards right. Fix gaze on right arm. Soften abdomen. Extend spine. Twist torso. Hold. Switch sides. **Benefits:** Uses all muscles. **Video:** https://www.youtube.com/embed/DePdxjk_ZaI **Modifications:** Block or prop to support heel. Perform with Anjali Mudra. **Precautions :** Neck, lower back injury. Headache. High or low blood pressure.
	Lunge Twist	Stand in a lunge with left leg in front and right knee raised off the floor. Gently twist to left side. Keep right elbow on left thigh. Place hands in namaste mudra (prayer). Root the back foot into the ground. Gaze up. Hold. Repeat on other side (e.g. by going into Downward Facing Dog and bringing right leg in front). **Benefits:** Uses all muscles. **Video:** https://www.youtube.com/embed/tfQ3CWUIozQ **Modifications:** A) Standing twist. B Seated twist. C) Don't look up (look at the mat). **Precautions :** Headache. High or low blood pressure.

Image	Pose	Description
	Downward Facing Dog	Start in Mountain. Forward bend. Step feet back one at time. Lift buttocks. Lengthen spine. Press down through heels. Tuck chin in. Look at feet. Release jaw. **Alternatives:** Dolphin. **Benefits:** Stretches spine, hams, shoulders. Calms nervous system. **Video:** https://www.youtube.com/embed/ayRU3ecmPbI?rel=0 **Modifications:** A) Use a wall. B) Head on a block. C) Leg up. D) Arm up. E) Wide stance. **Precautions :** Pregnant. High blood pressure. Headache.
	Child	Sit on heels. Walk hands forward until forehead touches floor. Arms alongside legs. Alternatives include: Child with head on bolster. Child with bolster between legs. Child pose with arms extended. Child with hands on back. Child with cheek on mat. Child with leg raised and arms extended. **Benefits:** Stretches hips, thighs, and ankles. Relieves back pain. **Video:** https://www.youtube.com/embed/qYvYsFrTI0U **Modifications:** A) Interlock fingers behind back. B) Knees together (instead of separated). C) Curl the toes under (instead of flat). D) Place a rolled towel under your shins (take the stress off of your ankles). E) Place a yoga blanket underneath the knees for padding.-F) Place a folded towel underneath the knees for padding.-G) Place a bolster or pillow under your stomach or chest and stay for up 10 minutes. H) Go deeper into the hip stretch by spreading your knees wider. **Precautions :** Pregnancy. Knee injury.
	End Of Sequence	

Image	Pose	Description
	Staff	Sit with legs crossed. Elongate through spine. Straighten legs. Press into heels. Toes point towards face. Palms on tops of thighs (help draw thighs down). Tops of thighs draw in to engage legs. Lift chest up (open heart). Draw belly button towards spine. **Alternatives:** A) Arms overhead. B) Staff with a twist. C) Sit on a folded blanket. D) Sit with back against a wall. E) Sandbags across tops of thighs. F). Staff with arms up. G) Staff with backend. **Benefits:** Strengthens back muscles. Stretches shoulders and chest. **Video:** https://www.youtube.com/embed/sXz0OCjO3p4?rel=0 **Modifications:** A) Arms overhead. B) Staff with a twist. C) Sit on a folded blanket. D) Sit with back against a wall. E) Sandbags across tops of thighs. **Precautions :** Any lower back injury.
	Seated Forward Bend	Sit with legs extended. Flex feet. Reach arms up. Bend forward from hips. Keep back flat. Hold onto feet. Use leverage to gently pull yourself forward. Let head hang. **Benefits:** Stretches spine, shoulders, hams, and groins. **Video:** https://www.youtube.com/embed/HyiFhjwWXkw **Modifications:** A) Use a strap around feet for leverage. B) Bend knees. C) Hold ankles (instead of toes). D) Folded blanket below knees or buttocks. **Precautions :** Back injury.
	Knees To Head	Lie on back. Extend arms beside body, palms facing down. Bend knees. Bring knees to chest. Hold legs slightly below knees. Press knees into upper chest. Raise head, shoulders and upper chest to knees. Hold. **Benefits:** Reduces abdominal bloating and backache. **Video:** https://www.youtube.com/embed/D34o4QINYMk **Modifications:** Knee to chest.

Image	Pose	Description
	Supine Legs Lift	Lie with back on floor. Inhale. Suck navel in. Bend knees slightly and slowly raise both legs. When legs are fully raised you can straighten legs. Flex toes towards navel. Bend knees and slowly lower legs to floor (lower back remains flat on floor while legs come down). **Benefits:** Strengthens legs & core muscles. **Video:** https://www.youtube.com/embed/XfRI2tNyW14 **Modifications:** Blanket under head. Hands under hips. **Precautions :** low back injury.
	Supine Legs Up	Lie on back. Bend knees. Engage core. Raise both legs until soles are looking at the ceiling. Rest arms out to sides with palms facing up. Close eyes. To release, bend knees to chest and bring feet to mat. **Alternatives:** Legs up wall. Shoulderstand. **Benefits:** Reduces belly fat. Strengthens core. Soothes nerves. Good for balance. **Video:** https://www.youtube.com/embed/bGJq4y0ue1s **Modifications:** Engage core and bring hands to feet. **Precautions :** High blood pressure. Neck injury.
	Boat	Sit with legs straight. Press hands on floor behind hips. Fingers point to feet. Bend knees. Lift feet up. Straighten knees. Keep hands on floor beside hips. **Alternatives:** Half boat pose. **Benefits:** Strengthens abs, hip flexors, & spine. **Video:** https://www.youtube.com/embed/8KsyQvwi85Q **Modifications:** A) Feet stay on the mat. B) Raise one leg. C) Use a strap. D) Double Boat Pose (partner). E) Boat with eagle arms. **Precautions :** Asthma. LBP. Pregnancy.

Image	Pose	Description
	Bridge	Lie supine. Bend knees. Set feet on floor. Heels close to sitting bones. Press inner feet and arms into floor. Push tailbone up. Lift buttocks. Clasp hands below pelvis. **Benefits:** Chest, neck, spine stretch. Reduces backache. **Video:** https://www.youtube.com/embed/EU2JS2Pm2EY?rel=0 **Modifications:** A) Baby Bridge (raise up to a comfortable position). B) Bridge with a blanket under shoulders. C) Bridge with leg up. D) Clasp hands around ankles. E) Block below shoulders. F) Block, or bolster, below the lower back. G) Feet close to a wall to prevent slipping. **Precautions :** Knee or neck injury.
	Happy Baby	Lie on back. Bend knees into belly. Grip outsides of feet. Push feet up into hands as you pull hands down to create resistance. **Benefits:** Stretches inner groin, spine. **Video:** https://www.youtube.com/embed/eluQ2b9tKNw?rel=0 **Modifications:** 1. Strap: Wrap strap around arches of feet. 2. Block: Place a yoga block or a blanket under your hips to provide support. 3. Bent Knees: Keep knees bent and hold onto your shins. 4. Wall: Lie on your back, place feet on a wall, grab outside edges of feet and draw knees towards armpits. 5. Half Happy Baby: Hold onto one foot and draw that knee towards armpit. **Precautions :** Pregnant. Knee injury.
	Spinal Twist	Lie on back. Arms extended to sides at shoulder-height or slightly below. Palms up. Bend knees. Draw heels close to buttocks. Soles of feet on floor. Drop knees to right and turn head left. Return to centre. Feet flat. Gaze up. Drop knees to left and turn head right. Return to centre. **Benefits:** Align pelvic. Eases sciatic pain. Stimulates organs. Flushes toxins from body. **Video:** https://www.youtube.com/embed/T_FCk5yVgiY **Modifications:** Keep legs straight. Cross legs. Hands behind head. **Precautions :** Neck injury.

Image	Pose	Description
	End Of Sequence	
	Savasana	Lie on back with legs and arms apart. Feet to side, palms up. Release lower back to floor. Close eyes. Abdomen rises on inhale and falls on exhale. Feel heavy with each exhalation. **Alternatives:** Crocodile. Child. **Benefits:** Tune into body. Calm. Tranquil. Inner Peace. Clarity. **Video:** https://www.youtube.com/embed/YBe1nzunHJ0 **Modifications:** Knees bent. Blanket under knees. Blanket under head. Supine star (legs & arms spread out).

Lesson Plan Description:

Chair Pose Modifications

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Yoga Block: Place a block between your thighs.

Palms: Join palms overhead.

Wall: If balancing in this pose is a challenge, use a wall behind to support the hips in chair pose with the wall as a prop.

Stiff Shoulders: If your shoulders are stiff, there's no need to raise them above your head. Instead, simply stretch your arms in front of you in alignment with your chest.

Place Hands On Thighs: If your chest and shoulders are stiff, start with placing your hands on your thighs, palms facing down. Then slowly raise arms overhead.

Wider Stance: If bringing your ankles and knees together is hard on the thighs, widen your stance, to begin with.

Pregnancy: If you're pregnant keep your feet hip-distance apart while practicing Utkatasana, for better grip and stability.

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Chair Pose Variations

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In every yoga class, you'll have one or more students who won't be able to do the full expression of the pose. That's where pose variations come to the rescue.

Below are some variations of Chair Pose (Utkatasana):

Arms Behind: Chair pose with arms behind

Chair Prop: Chair squat with a chair as a prop

Goddess Pose: Goddess pose with Anjali Mudra

Mountain I Pose: Mountain pose with arms up I

Mountain II Pose: Mountain pose with arms up II

Mountain III Pose: Mountain pose with arms up III

Palm Tree I Pose: Palm tree I pose

Palm Tree II Pose: Palm tree II pose

Palm Tree III Pose: Palm tree III pose-

Palm Tree On Tiptoes Pose: Palm tree on tiptoes pose

Single-Leg Stand Pose: Single-leg stand pose-

Staff Pose: Staff pose with arms raised

Wall: Chair pose against a wall

You can create lesson plans like this using the Genie Lesson Planner