

Chair Yoga Sun Salutations: Harnessing The Radiance Within




Image	Pose	Description
	Chair Centering	<p>Sit on front of chair. Feet firmly grounded. Focus on your in and out breath. Feel more centred on each exhalation.</p> <p>Benefits: Calming.</p> <p>Video: https://www.youtube.com/embed/W-EY-bsjHys</p> <p>Modifications: A) Shut the eyes or keep a soft gaze. B) Inhale for 4, exhale for 4. C) Repeat silently: "I am here. I am safe." D) Silently repeat a grounding mantra with each breath, like "So Hum."</p>
	Chair Arms In	<p>Sit on front of chair. Feet grounded. Push arms away from you (parallel to floor). Engage core. Imagine doing push up by bringing arms in (thumbs touching chest).</p> <p>Benefits: Strengthens arms. Engages core.</p> <p>Video: https://www.youtube.com/embed/Cz0RPzpPHTA</p>
	Chair Arm Raise	<p>Sit on front of chair. Feet firmly grounded. On inhale slowly raise arms over head. On exhale brings arms down. Repeat.</p> <p>Alternatives: Interlock fingers with palms facing up.</p> <p>Benefits: Strengthens arms. Grounding.</p> <p>Video: https://www.youtube.com/embed/0IbNOIFv5WA?rel=0</p> <p>Modifications: A) Lift arms only to shoulder height. B) Inhale for 3 counts to raise, exhale for 3 counts to lower. C) Raise arms while lifting one foot. D) At top, do 5 small circles before lowering.</p>

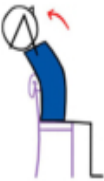



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	Chair Bow	<p>Sit on chair with knees at right angles and feet flat on floor. Clasp hands behind head with elbows facing forwards. Relax and let shoulders drop. Lean back as far as you can without pain. Hold for a few seconds. Return to start. Repeat.</p> <p>Benefits: Loosen tight muscles in upper back. Improves posture.</p> <p>Video: https://www.youtube.com/embed/WEn8aV1m9oA</p> <p>Modifications: A) Lean back only an inch or two. B) Lift chest (heart) higher. C) Hold pose for 60 seconds to build strength.</p>
	Chair Forward Bend II	<p>Sit on the front of the chair. Feet grounded. Palms together over the heart. Raise arms overhead (cactus arms). Lower chest halfway to your thighs. Hold. Engage core.</p> <p>Benefits: Engages core. Strengthens arms and shoulders.</p> <p>Video: https://www.youtube.com/embed/Cz0RPzpPHTA</p>
	Chair Forward Bend I	<p>Sit on a chair with legs apart. Bend forward. Let back round over. Lower torso towards thighs. Rest backs of hands on the floor under the chair. Let the head hang down.</p> <p>Alternatives: A) Come halfway down. B) Include a gentle twist.</p> <p>Benefits: Core workout. Lower back stretch.</p> <p>Video: https://www.youtube.com/embed/4G-DT1bYE1Q?rel=0</p>
	Chair Blast Offs	<p>Sit tall on front of chair. Plant your feet firmly. Cross arms over chest. Pull belly in. Stand up. Sit down. Repeat.</p> <p>Benefits: Strengthens arms, legs, buttocks. Engages core.</p> <p>Video: https://www.youtube.com/embed/Cz0RPzpPHTA</p> <p>Modifications: A) Come halfway up, then lower. B) Pause at top for 2–3 breaths before lowering. C) Do full motion with eyes closed to test balance.</p>



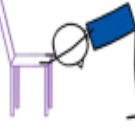
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	Chair Lunge II	<p>Stand in front of chair. Place left foot on chair seat. Press right foot into floor. Put hands on hips. Turn torso to right. Repeat on other side.</p> <p>Benefits: Strengthens quads. Stretches psoas and hips. Relieves sciatica.</p> <p>Video: https://www.youtube.com/embed/vBZybJ4-hDc</p> <p>Modifications: A) Use a lower seat or block for front foot. B) Raise both arms while in the lunge. C) Lift back heel for more intensity and balance work.</p>
	Chair Plank	<p>Face chair and grip the seat. Step back. Bend knees, keep spine long, and shift weight onto arms. Hold for a moment then walk forwards towards the chair. Repeat.</p> <p>Benefits: Strengthens arms, wrists, & spine. Tones abs.</p> <p>Video: https://www.youtube.com/embed/d0VCOLWibbg?rel=0</p> <p>Modifications: A) Place chair against a wall to prevent slipping. B) Lift one foot an inch for balance challenge. C) Lift one foot behind you.</p> <p>Precautions : Carpal tunnel syndrome.</p>
	Chair Down Dog	<p>Stand facing the chair and place hands on the seat. Step back with both feet. Bend your knees. Keep lengthening your spine. Walk forward and repeat.</p> <p>Benefits: Stretches spine, hams, shoulders.</p> <p>Video: https://www.youtube.com/embed/llwgQzYYJ-4?rel=0</p> <p>Modifications: A) Stabilise chair by placing it against a wall. B) Alternate bending each knee to warm up calves. C) Lower forearms to chair back for deeper inversion.</p> <p>Precautions : Pregnant. High blood pressure. Headache.</p>






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Lesson Plan Description:

This is a great 15 minute sequence (1 minute per pose) to practice at your desk when your neck gets tight, or on the couch while watching TV (even better if you turn the TV off). -Just like traditional Sun Salutations, you can vary the pace you move through the poses.-

Feel The Ground Beneath You: Most of us in this crazy, fast world don't feel very secure and stable physically or mentally. Practicing Sun Salutations is a great way to become grounded by being aware of the ground beneath us. Feel roots growing under your feet. The longer you stay in a pose, the deeper the root grows and the more grounded you become.

Invent Your Own Sun Salutations: Use your tuition to come up with your own variations of Sun Salutation. It's one of the easiest sequences to spice up. There are no rules and no right or wrong. Just let your hair down and unleash the creative poses within.

Mantra Chanting: Adding mantras to Sun Salutations is a whole lot of fun. It also adds a spiritual and meditative aspect to the practice. Come up with your own mantra or pick one of these:-"Aum." "May there be peace for all." "Darkness gives me an opportunity to shine." "Where I am right now is exactly where I need to be." "I am the light I wish to see in the world."

You can create lesson plans like this using the [Genie Lesson Planner](#)