

## Opening Series

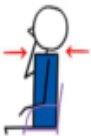

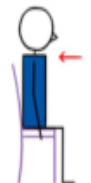
Image	Pose	Description
	Chair Neck Extension	<p>Sit on chair. Rest arms on thighs. Drop shoulders. Elongate neck. Apply gentle pressure with hand and tuck chin in. Keeping chin tucked in, extend neck by bending it backward. Hold for 2 seconds.</p> <p><b>Benefits:</b> Mobilising neck exercise.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/lcEn_xcpGf0">https://www.youtube.com/embed/lcEn_xcpGf0</a></p> <p><b>Precautions :</b> Neck injury. Stop if you get pins &amp; needles in arms.</p>
	Chair Neck Flexion	<p>Sit forward on a chair. Feet flat on floor. Clasp hands behind head. Press head into hands. Lift gaze. Look diagonally upwards. Pull elbows up and out as you stretch up, lifting your chest. Tuck chin into neck. Roll head down. Look at chest. Hold briefly. Roll back to start.</p> <p><b>Benefits:</b> Neck stretch.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/EWAsAseT39A">https://www.youtube.com/embed/EWAsAseT39A</a></p>
	Chair Neck Retraction	<p>Fix eyes straight ahead. Slowly retract head back (can apply pressure with hand to chin). Release. Repeat.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/Vg4iSulJStI">https://www.youtube.com/embed/Vg4iSulJStI</a></p>

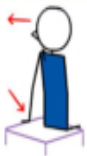

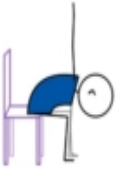
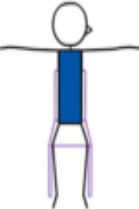
Image	Pose	Description
	Chair Twist	<p>Sit on chair. Feet flat on floor. Hold edge of chair with left hand and place right hand on left shoulder. Twist to left pulling left shoulder back and pushing against chair with left hand. Hold. Repeat. Swap sides.</p> <p><b>Benefits:</b> Loosen muscles around spine. Improves upper back mobility.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/zYjuoSMLcZM">https://www.youtube.com/embed/zYjuoSMLcZM</a></p> <p><b>Modifications:</b> A) Place block between knees to stabilise hips. B) Keep back hand on thigh. C) Gently look forward if neck feels tense during twist. D) Hold chair seat with both hands. E) Cross arms over chest and twist.</p>
	Chair Twist Fold Left	<p>Sit on chair with legs apart. Bend forward. Let back round over. Lower torso towards thighs. Keep right hand on floor and twist to left while raising left arm to ceiling.</p> <p><b>Benefits:</b> Strengthens arms. Engages core. Relieves back pain. Detoxifying.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/Cz0RPzpPHTA">https://www.youtube.com/embed/Cz0RPzpPHTA</a></p>
	Chair Twist Fold Right	<p>Sit on chair with legs apart. Bend forward. Let back round over. Lower torso towards thighs. Keep left hand on floor and twist to right while raising right arm to ceiling.</p> <p><b>Benefits:</b> Strengthens arms. Engages core. Relieves back pain. Detoxifying.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/Cz0RPzpPHTA">https://www.youtube.com/embed/Cz0RPzpPHTA</a></p> <p><b>Modifications:</b> A) Elbow rests on thigh for extra support, B) Hold twist for three deep breaths, spine long. C) Bind top arm behind back, deepen twist gradually.</p>
	Chair Neck Stretch	<p>Sit on front of chair. Ground feet into floor. Engage core. Open arms to T position. Look over right shoulder, then left shoulder. Lower arms. Repeat.</p> <p><b>Benefits:</b> Stretches chest and shoulders.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/5lbe9oZbpDs?start=41">https://www.youtube.com/embed/5lbe9oZbpDs?start=41</a></p>


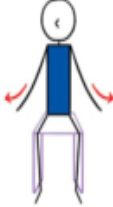
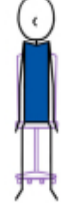

Image	Pose	Description
	Chair Shoulder Circles	<p>Sit on chair with feet flat on floor. Roll shoulders backwards. Lift shoulders towards ears. Feel shoulder blades closing behind as you lower them. Repeat.</p> <p><b>Benefits:</b> Loosen neck and shoulder muscles.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/aMORGQeccgg">https://www.youtube.com/embed/aMORGQeccgg</a></p>
	Chair Shoulder Squeeze	<p>Sit up tall on front of chair. Feet firmly grounded. Hands loose by sides. With palms facing out, push arms backwards and away from body as far as you can go without straining. Hold. Return to start.</p> <p><b>Benefits:</b> Shoulder and upper back stretch.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/Zz4uaHmJzm0">https://www.youtube.com/embed/Zz4uaHmJzm0</a></p>
	Chair Shrugs	<p>Sit up tall on front of chair. Feet firmly grounded. Hands on thighs. Hunch shoulders towards ears. Hold. Release with a deep exhale. On each exhale, feel the tension melting from your shoulders like butter on a hot day.</p> <p><b>Benefits:</b> Shoulder stretch.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/ugplGC1Wo0k">https://www.youtube.com/embed/ugplGC1Wo0k</a></p>
	Chair Cat Cow I	<p>Sit up straight. Part I: Exhale, round back and drop head. Part II: Inhale, raise up, weight onto legs, chest out and up, lengthen spine, and gaze up.</p> <p><b>Benefits:</b> Massages spine. Improves posture.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/iPINI2wY3ro">https://www.youtube.com/embed/iPINI2wY3ro</a></p> <p><b>Modifications:</b> A) Make arch and round slight—just a gentle spinal sway. B) Draw navel in as you round to strengthen low belly. C) Lift arms up as you arch spine.</p>




Image	Pose	Description
	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><b>Benefits:</b> Loosen tight muscles in upper back. Improves posture.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/WEn8aV1m9oA">https://www.youtube.com/embed/WEn8aV1m9oA</a></p> <p><b>Modifications:</b> A) Lean back only an inch or two. B) Lift chest (heart) higher. C) Hold pose for 60 seconds to build strength.</p>
	Chair Cat Cow II	<p>Stand beside the chair. Put your hands on the chair and bend your knees. Inhale, lift your chin for Cow Pose. Arch your back up for Cat Pose, engaging your stomach muscles. Walk feet towards your hands and slowly stand up.</p> <p><b>Benefits:</b> Massages spine. Improves posture.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/jjhNQYK2Rfg">https://www.youtube.com/embed/jjhNQYK2Rfg</a></p> <p><b>Modifications:</b> A) Make tiny undulations of the spine. B) Drop into a gentle squat for added grounding. C) Lift one foot off the ground during Cow.</p>
	Mountain	<p>Stand with feet hip-width apart. Tuck chin in. Legs slightly bent. Shoulders back and down.</p> <p><b>Benefits:</b> Improves posture and concentration. Strengthens legs. Engages core. Strengthens your thighs, knees, and ankles. Firms your abdomen and buttocks. Relieves sciatica. Reduces flat feet.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/nwiyZSmfpWY?rel=0">https://www.youtube.com/embed/nwiyZSmfpWY?rel=0</a></p> <p><b>Modifications:</b> A) Palms together in prayer mudra behind the back. B) Hands raised over your head. C) Eyes closed. D) Samashtithi (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).-</p> <p><b>Precautions :</b> Avoid locking the knees out (allow your knees to soften).</p>


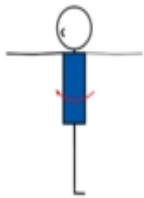




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	Standing Twist I	<p>Start in Mountain. Lift arms overhead. Palms together. Twist to right. Pull in abdomen. Hold. Repeat on left.</p> <p><b>Benefits:</b> Spinal flexibility.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/33tTdymSGoE">https://www.youtube.com/embed/33tTdymSGoE</a></p> <p><b>Modifications:</b> A) Cross legs. B) Arms parallel to the mat.</p> <p><b>Precautions :</b> Back injury.</p>
	Standing Twist II	<p>Start in Mountain. Lift arms parallel to floor. Twist to right. Pull in abdomen. Hold. Repeat on left.</p> <p><b>Benefits:</b> Spinal flexibility.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/MeSx53eoXok?rel=0">https://www.youtube.com/embed/MeSx53eoXok?rel=0</a></p> <p><b>Modifications:</b> A) Cross legs. B) Arms overhead.</p> <p><b>Precautions :</b> Back injury.</p>
	Standing Side Bend	<p>Stand in Mountain. Reach right arm down right thigh. Return to Mountain. Head in line with spine. Neck neutral. Repeat on opposite side.</p> <p><b>Benefits:</b> Stretches sides of the torso and spine. Stimulates abdominals.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/03LTsK22NYk?rel=0">https://www.youtube.com/embed/03LTsK22NYk?rel=0</a></p>
	Standing Side Bend Arms Up	<p>Stand in Mountain. Raise right arm above head. Stretch over to left. Repeat on other side.</p> <p><b>Benefits:</b> Stretches sides of torso and spine. Stimulates abs.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/03LTsK22NYk?rel=0">https://www.youtube.com/embed/03LTsK22NYk?rel=0</a></p>

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	Pyramid	<p>Stand tall in Mountain. Turn right foot out slightly. Step left leg forward so stance is wide. Gaze over left leg. Hips square with left leg. Take arms behind back holding onto forearms. Root legs into ground. Feel stretch in legs. Inhale while lifting chest and looking up. Exhale while bending forward (leading with chest). Come toward left leg. Tuck chin in towards chest when you reach your limit. Hold. Breathe into backs of legs where the stretch is. Deepen pose on exhalation. Repeat on other side.</p> <p><b>Benefits:</b> Stretches spine, wrists, hips, hams. Strengthens legs, abs.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/Z1eKzRjLq2A">https://www.youtube.com/embed/Z1eKzRjLq2A</a></p> <p><b>Modifications:</b> Back heel pressed to wall. Interlace fingers behind back. Fingertips touch floor. Hands on leg.</p> <p><b>Precautions :</b> Back injury. High blood pressure.</p>
	Mountain	<p>Stand with feet hip-width apart. Tuck chin in. Legs slightly bent. Shoulders back and down.</p> <p><b>Benefits:</b> Improves posture and concentration. Strengthens legs. Engages core. Strengthens your thighs, knees, and ankles. Firms your abdomen and buttocks. Relieves sciatica. Reduces flat feet.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/nwiyZSmfpWY?rel=0">https://www.youtube.com/embed/nwiyZSmfpWY?rel=0</a></p> <p><b>Modifications:</b> A) Palms together in prayer mudra behind the back. B) Hands raised over your head. C) Eyes closed. D) Samashtithi (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).-</p> <p><b>Precautions :</b> Avoid locking the knees out (allow your knees to soften).</p>

**Lesson Plan Description:**

This is a short 30 minute opening series to help open and release the upper back, neck and shoulders. It's a gentle opening series which can be used as a warm up at the beginning of a yoga class. It's also a nice gentle practice for office workers, seniors, and beginning yoga students.

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