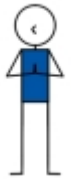
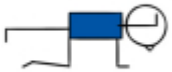
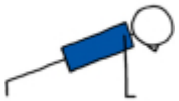
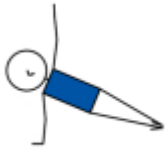
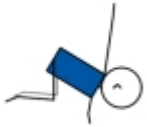
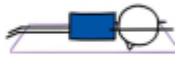
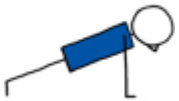
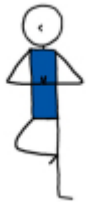
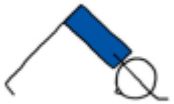
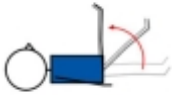
Chair Peak Pose: Improve Your Balance

 Om	 Complete Breath	 Easy Side Bend I	 Butterfly Twist	 Cow Face	 Cradle Baby
 Easy Forward Fold I	 Easy Forward Fold III	 Head To Knee	 End Of Sequence	 Mountain Namaste Mudra	 Mountain
 Uddiyana Bandha	 Standing Crescent	 Mountain	 Standing Forward Bend	 Downward Facing Dog	 Standing Fold

 **Halfway Lift II**	 **Standing Fold**	 **Wide Leg Forward Bend**	 **End Of Sequence**	 **Table Top**	 **Cat Cow**
 **Cat Head To Knee**	 **Cow Arm Leg Raises**	 **Plank**	 **Side Plank**	 **Table Top**	 **Cat Cow**
 **Extended Child**	 **Thread The Needle Arm Up**	 **End Of Sequence**	 **The Mountain**	 **Head To Knee**	 **Wide Angle Seated Fold**

 **End Of Sequence**	 **Table Top**	 **Cat Cow**	yoga pose Image not found or type un **Cobra**	 **Superman**	 **Reversed Savasana**
 **Plank**	 **Extended Child**	 **End Of Sequence**	 **Mountain**	 **Tree**	 **Chair**
 **Dancer**	 **Warrior I**	 **Warrior II**	 **Revolved Side Angle I**	 **Lunge Twist**	 **Downward Facing Dog**
 **Child**	 **End Of Sequence**	 **Staff**	 **Seated Forward Bend**	 **Knees To Head**	 **Supine Legs Lift**

 **Supine Legs Up**	 **Boat**	 **Bridge**	 **Happy Baby**	 **Spinal Twist**	 **End Of Sequence**
 **Savasana**					

Lesson Plan Description:

Chair Pose Modifications

[br]

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.

[br]

Chair Pose Variations

[br]

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