









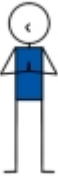





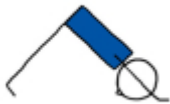









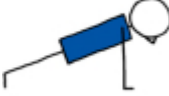
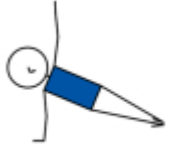



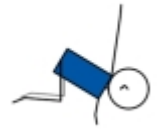

















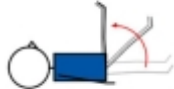


Chair Peak Pose: Improve Your Balance

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

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

 <p>End Of Sequence</p>	 <p>Table Top</p>	 <p>Cat Cow</p>	<p>yoga pose and or type un Cobra</p>	 <p>Superman</p>	 <p>Reversed Savasana</p>
 <p>Plank</p>	 <p>Extended Child</p>	 <p>End Of Sequence</p>	 <p>Mountain</p>	 <p>Tree</p>	 <p>Chair</p>
 <p>Dancer</p>	 <p>Warrior I</p>	 <p>Warrior II</p>	 <p>Revolved Side Angle I</p>	 <p>Lunge Twist</p>	 <p>Downward Facing Dog</p>
 <p>Child</p>	 <p>End Of Sequence</p>	 <p>Staff</p>	 <p>Seated Forward Bend</p>	 <p>Knees To Head</p>	 <p>Supine Legs Lift</p>



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.

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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