




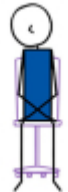




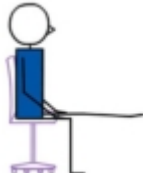




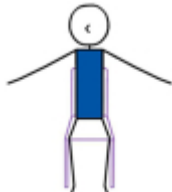


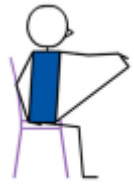
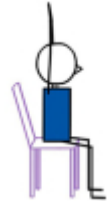


Chair Yoga: 30 Exercises To Do From The Comfort Of A Chair

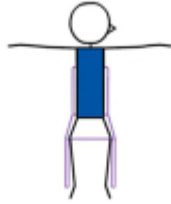
 <p>Chair Supine Legs Up</p>	 <p>Palming</p>	 <p>Chair Grounding</p>	 <p>Chair Abdominal Breath</p>	 <p>Chair Shrugs</p>	 <p>Chair Neck Incline</p>
 <p>Chair Wrist Stretch</p>	 <p>Chair Arm Raise</p>	 <p>Chair Side Bend I</p>	 <p>Chair Backbend</p>	 <p>Chair Ankle Curl</p>	 <p>Chair Knee To Chest</p>
 <p>Chair Shoulder Stretch III</p>	 <p>Chair Shoulder Stretch I</p>	 <p>Chair Triangle Basic</p>	 <p>Chair Arm Side Raise</p>	 <p>Chair Chest Opener</p>	 <p>Chair Forward Bend I</p>



Chair Big Toe Hold



Chair Warrior I Basic



Chair Warrior II Basic



Chair Hip Flexion



Chair Hip Opener



Chair Walk



Chair Leg Stretch I



Chair Leg Lift



Chair Pigeon



Chair Ribs To Thighs



Chair Hip Stretch Fold



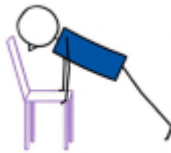
Chair Hamstring Lift



Chair Leg Stretch II



Chair Hamstring Stretch



Chair Plank



Chair Plank Knee Lift



Chair Down Dog



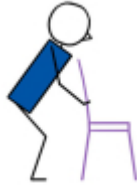
Chair Shoulder Stretch II



Chair One Leg Balance



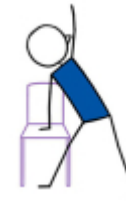
Chair Sit Ups



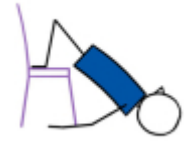
Chair Squat I



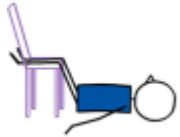
Chair Tree I



Chair Triangle



Chair Bridge



Chair Supine Legs Up

Lesson Plan Description:

Chair yoga is good for all students, not just those with disabilities, weight challenges, inflexibility, or who just cannot get on the floor for whatever reason (such as age or being in a crowded work environment). The chair replaces the yoga mat and becomes an extension of your body allowing you to take full advantage of yoga's health potential - the integration of body, mind, and spirit. -

This lesson plan has over 30 chair yoga exercises. It's good to learn a few of them so that when you find yourself sitting in a chair for longer than 15 minutes without moving (e.g. staring at a computer screen), you can recharge your batteries by practicing a chair yoga pose.

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