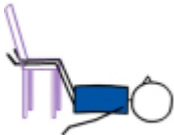














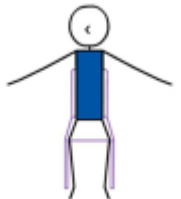


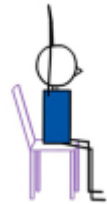


Chair Yoga: 30 Exercises To Do From The Comfort Of A Chair

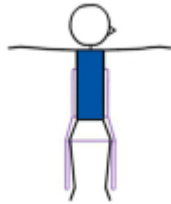
					
Chair Supine Legs Up	Palming	Chair Grounding	Chair Abdominal Breath	Chair Shrugs	Chair Neck Incline
					
Chair Wrist Stretch	Chair Arms Up	Chair Side Bend I	Chair Backbend	Chair Ankle Curl	Chair Knee To Chest
					
Chair Shoulder Stretch III	Chair Shoulder Stretch I	Chair Triangle Basic	Chair Arm Lift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



**Chair Big Toe Hold**



**Chair Warrior I Basic**



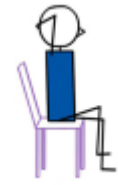
**Chair Warrior II Basic**



**Chair Hip Flexion**



**Chair Hip Opener**



**Chair Walk**



**Chair Leg Stretch I**



**Chair Leg Lift**



**Chair Pigeon**



**Chair Ribs To Thighs**



**Chair Hip Stretch  
Standing**



**Chair Hamstring Lift**



**Chair Leg Stretch II**



**Chair Hamstring Stretch**



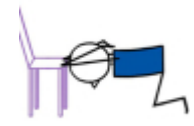
**Chair Plank**



**Chair Plank Knee Lift**



**Chair Down Dog  
Standing**



**Chair Shoulder Stretch  
II**



**Chair One Leg Balance**



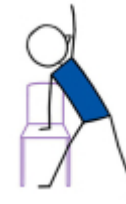
**Chair Sit Ups**



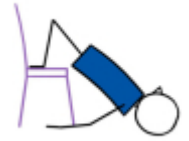
**Chair Squat I**



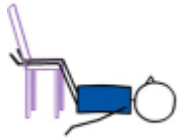
**Chair Tree I**



**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](#)