







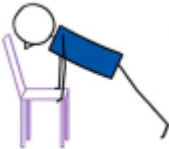


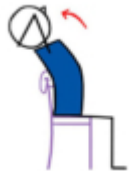





# Chair Yoga Sun Salutations: Harnessing The Radiance Within

 <p><b>Chair Centering</b></p>	 <p><b>Chair Arms In</b></p>	 <p><b>Chair Arm Raise</b></p>	 <p><b>Chair Bow</b></p>	 <p><b>Chair Forward Bend II</b></p>	 <p><b>Chair Forward Bend I</b></p>
 <p><b>Chair Blast Offs</b></p>	 <p><b>Chair Lunge II</b></p>	 <p><b>Chair Plank</b></p>	 <p><b>Chair Down Dog</b></p>	 <p><b>Chair Lunge II</b></p>	 <p><b>Chair Bow</b></p>
 <p><b>Chair Forward Bend I</b></p>	 <p><b>Chair Arm Raise</b></p>	 <p><b>Chair Centering</b></p>			

## **Lesson Plan Description:**

This is a great 15 minute sequence (1 minute per pose) to practice at your desk when your neck gets tight, or on the couch while watching TV (even better if you turn the TV off). -Just like traditional Sun Salutations, you can vary the pace you move through the poses.-

***Feel The Ground Beneath You:*** Most of us in this crazy, fast world don't feel very secure and stable physically or mentally. Practicing Sun Salutations is a great way to become grounded by being aware of the ground beneath us. Feel roots growing under your feet. The longer you stay in a pose, the deeper the root grows and the more grounded you become.

***Invent Your Own Sun Salutations:*** Use your tuition to come up with your own variations of Sun Salutation. It's one of the easiest sequences to spice up. There are no rules and no right or wrong. Just let your hair down and unleash the creative poses within.

***Mantra Chanting:*** Adding mantras to Sun Salutations is a whole lot of fun. It also adds a spiritual and meditative aspect to the practice. Come up with your own mantra or pick one of these:-"Aum." "May there be peace for all." "Darkness gives me an opportunity to shine." "Where I am right now is exactly where I need to be." "I am the light I wish to see in the world."

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