



# URBAN YOGA FOUNDATION

## CHAIR YOGA

Chair yoga can be done by those with certain injuries or physical limitations, senior citizens, and those who work in an office setting and want an easy, quick way to get stress free and centered while at their desk.

### Seated Twist

Sitting in a chair helps keep your spine supported and prevents you from rounding forward in the shoulders. Twists and rotations are especially beneficial in rinsing and cleansing the abdominal organs, making the spine more supple and lengthening the obliques. For a seated twist, sit tall in your chair at the front edge. With your spine long and tall, turn your torso to the right as you bring your right hand to the back of the chair and bring your left hand to your right knee. Hold here for at least five deep breaths. Come to the other side by rotating your torso to the left, bringing your left hand to the back of the chair and your right hand across to your left knee.

### Side Bend

Side bending poses are effective in lengthening the spine laterally and building strength in the abdominal muscles. For a seated side bend, begin sitting tall at the front edge of your chair. As you inhale, lift your right arm to the sky, resting your left hand on your left leg, and reach your right hand over your head toward the left. Gently release and switch sides, raising your left arm to the sky and bringing it toward the right.

### Eagle Pose

The eagle pose is one in which the major joints are stretched and lengthened. To do a seated eagle, begin sitting tall at the front edge of your chair. Cross your right arm under your left, lining up your elbows and twisting your forearms around each other. Cross your left leg over your right, trying to hook your left foot behind your right calf for a further stretch. Stay tall for five deep breaths, then move your elbows toward your knees, keeping your spine straight as you lower and hold for five more breaths before returning to a straight spine and releasing to do an eagle pose on the other side.

### Seated Backbend

Backbends are one of the fundamental postures of any yoga workout and can be done within any chair yoga workout. Using a chair for a backbend can help keep your spine aligned and make the backbend more gentle on the vertebrae while still allowing you to receive the many benefits of a backbend. For a seated backbend, begin sitting tall at the front edge of your chair. Bring your hands above your head until they reach the back of the chair. From here, gently start to arch your spine, moving your chest outward and lift your gaze to the sky if that feels comfortable on the neck. Stay in this position for five breaths before releasing.

### Caution:

Do not hold your breath and practicing on an empty stomach is preferred. Please check with your health professional when starting a new routine.

