

Chair Yoga Routine - Repeat exercises 5-8 times per side.

Always equally work both sides. Breathe!

Exercise during commercials! Select a move each time there's new commercial!

1. **Forward Shoulder Roll** – lift shoulders up, pull blades together, circle down.
2. **Reverse Shoulder Roll** – Pull blades together, swoop arms forward
3. **Side-to-Side Reach** – facing forward, alternate reach to the side down to floor
4. **Arms In-Out-Push Back-Drop**- push arms out, reach, up and push back
5. **Head/Neck Stretch** – *exhale* drop chin to chest then *inhale* and look to ceiling;
6. **Head/Neck Stretch 2** – *exhale* turn neck/head to side; *inhale* back to center
7. **Extended Neck Stretch**- reach opposite hand over head and place above ear; *inhale* then *exhale* to gently pull opposite ear toward shoulder
8. **Arm Reach** – reach across body to opposite wall; lift elbow, walk fingers down back and reach behind to grab with opposite hand – Reverse sides.
9. **Goddess Arms** – Bring upper arms parallel to floor, turn hands to face each other. *Exhale* and bring hands/forearms together; *inhale* move wide pulling blades together. **Part 2:** *Exhale* forearms parallel to ground, *inhale* back up.
10. **Punches** – Lift/twist to side; punch across opposite knee; punch high
11. **Seated twist** – Legs are hip-width apart. One hand on small of back, the other across lap. *Inhale*, lift, *exhale* and twist to look over shoulder of hand on lap. Continue to *inhale/exhale* to increase the depth of the twist. Reverse sides.
12. **Hip Opener** –Lift feet then jump legs wide; return to center. Soft feet.
13. **Cat/Cow** – Wide legs, elbows pulled to sides, *inhale* swoop body down and lift chin & eyes to ceiling; spread elbows wide, tuck chin, *and exhale* as the belly button pulls towards spine.
14. **Side fold** – with wide legs, hands on thigh, *inhale* lift and turn to one leg, *exhale* bend forward and then down, reaching nose to knee. Reverse side.
15. **Leg Lift** – Lift one leg straight out, point/flex foot; circle toes, reverse direction; Link hands under the leg to lift leg higher – move leg side-to-side or

draw a circle with leg; Reverse directions. Hold tummy tight. Keep breathing!
Switch legs.

16. **Back Stretch** – one leg placed at 90-degree angle, other leg extended out with heel on ground, foot flexed. *Inhale* arms back and up, *exhale* arms up then reach forward then down to reach for toes. Reach 3-5 times, then switch legs
17. **Seated Pigeon** – Lift one leg across the other, placing anklebone on the far side of the opposite leg. *Inhale* lift and turn towards raised leg, *exhale* and bend towards the raised knee, aiming nose to knee. With each breath, push that glute deeper onto the chair. (Opposite glute may rise off the chair; that's okay.) Switch
18. **Sit/Stand** – *Inhale* stand, *exhale* sit. Slow and controlled. 5- 10 times. No twisting to look back at seat.
19. **Two-legged balance** – With shoulders back, feet hip width apart, pelvis slightly tilted forward, chin parallel to ground, and eyes focused on object in front of you (**Mountain pose**), *inhale* and raise up onto toes, hold for several breaths, *exhale* down. [Balancing Tip: Hold chair/counter with both hands, then drop dominant hand, then use just one finger to hold, eventually, no hands!]
20. **One-legged Stand** – Mountain Pose then ground left foot, *inhale* and lift right leg off the ground about an inch. Hold while continuing to gently breath. (Eventual goal: Upper leg is parallel to ground.) Reverse leg. Part 2: Swing raised leg in and out.
21. **Goddess Legs** – Spread legs as wide as possible, keep back straight, *exhale* bend knees towards toes and hold. (Best to stand with back against wall).
Breathe! Gradually increase depth of squat and length holding it.
22. **Forward fold** – *Inhale* arms up to ceiling, *exhale* reach forward then down towards floor. Continue breathing, reaching deeper. Goal: Touch floor. Relax and hang.
23. **Stretches** – *Inhale*, squeeze fists and reach diagonally across body to ceiling, *exhale* release hands and pull elbow back; alternate sides. Now do the same movement towards the floor.. **Part 2**: Row forward (*inhale*)/back (*exhale*). **Part 3**: With fists clenched, curl forearms up, release fists as forearms drop.