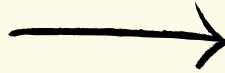


Warm Ups  
Chair Yoga Guide



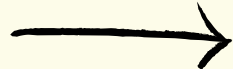
**Seated Sunflower**



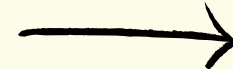
**Seated Cat Cow**



**Seated Bow**

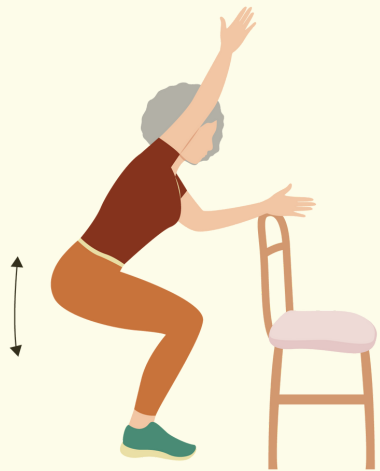


**Bird Wings**

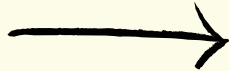


**Sunrise Stretch**

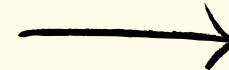
*Balance + Flow*  
Chair Yoga Guide



**Chair Pose**



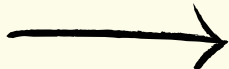
**Warrior I**



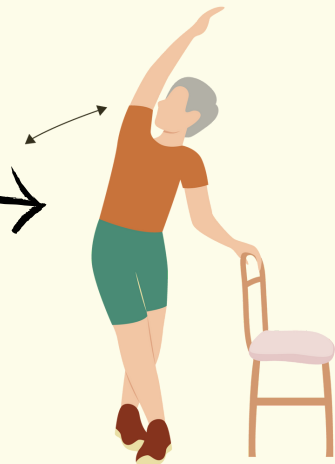
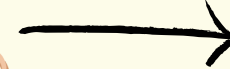
**Warrior II**



**Reverse Warrior**



**Tree Pose**

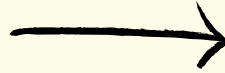


**Twisted Branch**

*Warm Down*  
**Chair Yoga Guide**



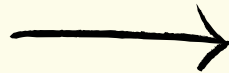
**Forward Fold**



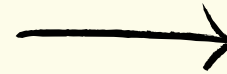
**Crescent Moon Lunge**



**Figure Four**



**Half Moon Rolls**



**Gentle Twist**