

Warm Ups

# Chair Yoga Guide



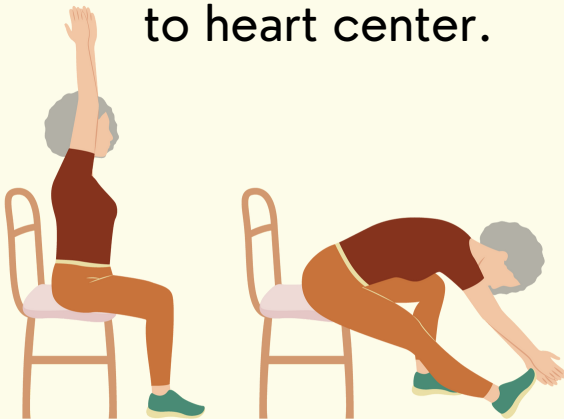
## Seated Sunflower

Inhale arms sweep above head,  
exhale arms circle  
to heart center.



## Seated Cat Cow

Inhale stretch chest forward,  
exhale curl upper spine.



## Seated Bow

Inhale arms above the  
head, exhale stretch  
upper body over  
outstretched leg.  
(Hamstring stretch,  
repeat on other side)



## Sunrise Stretch

Inhale sweep arm up to  
side bend, exhale  
pull body and arm  
back to center.  
(Lateral flexion, repeat  
on other side)



## Bird Wings

Inhale sweep arms back and  
fold forward, exhale sit back  
up tall.

*Balance + Flow*  
**Chair Yoga Guide**



**Chair Pose**

Inhale arms up and sit back into heels, exhale to standing and bring arms down.



**Warrior I**

Inhale arms up and step leg back into a lunge, exhale back to standing.



**Warrior II**

Front foot forward, and back foot at a 45 degree angle with shoulders over hips. Inhale lunge, exhale return to standing.



**Reverse Warrior**

Front foot forward, back foot at 45 degree angle - inhale sweep arm up and back, exhale return to Warrior II.



**Tree Pose**

Balance on one foot - inhale foot to inside of ankle/calf and sweep arm up, exhale back to neutral.



**Twisted Branch**

Balance on one foot, cross other behind. Inhale side bend and sweep arm, exhale to neutral.

# Warm Down Chair Yoga Guide



## **Forward Fold**

Wide stance, inhale arms above head - exhale fold forward.



## **Crescent Moon Lunge**

Align lunge over seat of the chair, inhale sweep arms above head. Exhale arms back down.



## **Figure Four**

Place folded leg over opposite thigh. Inhale and tip forward, exhale to rise to neutral.



## **Half Moon Rolls**

Hold chin neutral, slowly roll chin down to chin and create half moon rocking to each side.



## **Gentle Twist**

Seated tall, opposite arm reach back other arm rests on outside of thigh. Inhale twist, exhale un-twist.

# Helpful Hints



Modify exercise as needed. Flow through these exercises, or hold poses for a full 3 inhales and exhales.



Insert rest days as needed, chair exercise is typically appropriate as a daily activity.



Always consult a physician before starting a new exercise program.



Use this challenge as a starting point or incorporate it into your workout program.



Practice in a ventilated, dry environment. Make sure your chair is sturdy, and your work space is clear of clutter, avoid carpet and trip hazards.

## Start Chair Yoga:



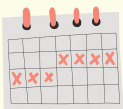
Warm Up: 1 -3x each exercise

Balance + Flow: 1-2x each exercise

Warm Down: hold each exercise for a minimum of 30 seconds.



Increase reps by 25% if program is too “easy”, move intuitively and listen to your body!



Make up your own flow, or follow one of the pre-made cues by Sparklywaves.



Print as many copies as you like and share with a friend!

# Simple Flow for Chair Yoga

## Start Here!

Start seated,  
3 inhales  
and exhales and  
feel your energy  
today!



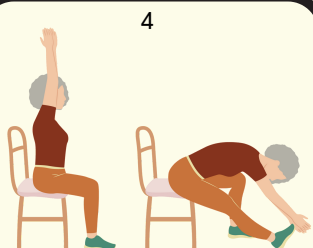
1  
Seated  
Sunflower



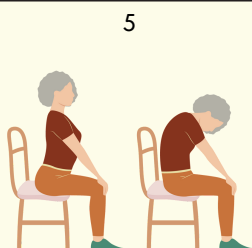
2  
Sunrise Arms



3  
Bird Wings



4  
Seated Bow



5  
Cat Cow

6  
Repeat 1 - 5,  
coordinate breath  
with movement.  
Carefully transition  
to standing.



7  
Chair Pose



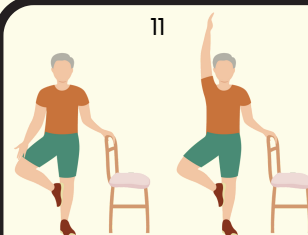
8  
Warrior I



9  
Warrior II



10  
Reverse Warrior



11  
Tree Pose



12  
Twisted Branch  
(Right)



13  
Forward Fold



14  
Twisted Branch  
(Left)



15  
Crescent Moon  
Lunge



16  
Figure Four



17  
Half Moon Rolls



18  
Gentle Twist

Roll shoulders  
down and back.  
Inhale and exhale  
3x, feel your  
energy!