

# The 5 W's of *Chair Yoga*



## WHAT

- Chair yoga is simply performing yoga while sitting in a chair. Some sequences are all done while sitting, but some may be performed standing and using the chair as a prop. Depending on your situation you can do either of these.
- Chair yoga could simply be a few stretches done while in a chair which makes it a great exercise that can be performed almost anywhere.

## WHO

### Anyone who has:

- Weight control problems
- Osteoporosis and osteopenia
- Arthritis
- Diabetes
- Heart disease
- Chronic pain
- Lung diseases
- Disabilities
- Multiple sclerosis
- Scoliosis
- Pregnancy
- Mental health problems
- Sedentary jobs like desk jobs
- Trouble performing weight bearing exercise like walking and running
- Low flexibility
- Leg injuries
- Sedentary Lifestyle

# When/Where To Do It

Remember: Chair yoga could be something as simple as a few stretches. This means that it can be performed almost anywhere. You can perform stretches for any length of time to get the benefits. Perform chair yoga in a short amount of time for an energy burst and mood enhancer, or perform it for long periods of time to add weight loss and flexibility benefits.

- While watching television
- During work at your desk
- While sitting in bed
- At group workouts
- With your kids
- While in school/classes
- During long meetings
- At restaurants while waiting for a meal
- Any time you are sitting for long periods of time

## Why

- Stress reliever
- Improves mental health
- Increases energy level
- Keeps the mind alert
- Keeps the joints and muscles flexible
- It is accessible exercise for people who have trouble standing or are bound in a chair for reasons such as disabilities or desk jobs.



Below are four chair yoga sequences that you can do

**anytime, anywhere, from a chair!**

**Follow these or make up your own!**

# SEQUENCE 1

1. Seated - Centering ▼



2. Breathwork -  
Yogic Full Breath ▼



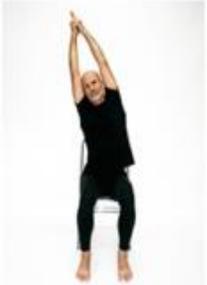
3. Reach for the Sky - Palms Up ▼



4. Stretch to the West ▼



5. Side Mountain ▼



6. Side Triangle ▼



# SEQUENCE 2



# SEQUENCE 3



# SEQUENCE 4



Variation - Knee Slightly Bent ▼



6. Front Leg Stretch ▼



Variation 1 ▼



Variation 3 ▼



7. High Plank ▼



9. Downward Facing Dog ▼



Back to Sitting ▼

