

Mindful Moment: Chair Yoga

Find a chair that has no arms, and your feet can comfortably rest flat on the floor. Follow the picture guides below to stretch in your chair. Hold each pose for 30-60 seconds.

Chair Cat-Cow Stretch

Step 1



Step 2



Chair Raised Hands Pose

Step 1



Step 2



Chair Extended Side Angle

Step 1



Step 2



Chair Cat-Cow Stretch

Start by sitting on a chair nice and tall. Place your hands on your thighs. Take a breath in (inhale) and arch your back letting your shoulders come down away from your ears, lifting your chin. As you breathe out (exhale), round your spine, tuck your chin into your chest and press the back of your heart towards the back of your chair. Inhale, arch forward. Exhale, round your back.

Chair Raised Hands Pose

Come back up to sitting upright with your hands resting on your legs (center) or with palms of your hands pressed together over your chest (heart center). Inhale and with one movement, reach your arms overhead. As you exhale, lower your arms back down along your sides. Now, focusing on your hips, we're going to fold all the way forward. Start by sweeping your arms up and stretching tall. Pulling your arms up, lengthen your chest forward and then bending at the hips, fold down, letting your belly make contact with your thighs and your hands rest on the floor. You can modify this by letting your hands hang, or bending at the elbows and resting your hands on your knees. Allow your head to rest or hang, feeling the stretch in your neck. Take one long inhale and one long exhale here. Sweep your hands back up to the ceiling and allow your body to follow. Repeat the forward bend 2 or 3 times, following your inhale-exhale pattern.

Chair Extended Side Angle

Return to center. Inhale and sweep your hands up high and bend at the hips to fold. Exhale and place your right hand on the inside of the left foot or calf, while extending your left arm open towards the ceiling, twisting to the left side. Allow your head to turn and look up at your left hand in the sky. Take one full breath here - inhale, exhale.

Let your left hand come down to the floor in front of your left foot and return to center. Inhale and sweep your hands up high and bend at the hips to fold. Exhale and now place your left hand on the inside of the right foot or calf, while extending your right arm open towards the ceiling, twisting to the right side. Allow your head to turn and look up at your right hand in the sky. Take one full breath here - inhale, exhale. extend your right arm overhead. Stretch your fingers open.

Continue breathing and return your gaze back to the floor, bring your arm back to the floor. Sweep your hands back up to the sky, and then return to center. Return your hands to your thighs with both feet on the floor. Breathe one or two more times with strong breaths, then allow your breath to return to normal.