

Chair Yoga Postures

Standing (4 Snippets)

- Standing Mountain – hand on chair for support
- Standing Upward Salute – hand on chair for support
- Standing Chair Tree Pose – behind chair, facing side, hand on chair for support
- Standing Dangling Pose – face seat, forearms dangle/make contact with seat for support
- Standing Chair High Lunge – foot on seat, opposite hand on back rest for support
- Standing Intense Side Stretch – face seat, both hands on seat for support (staggered stance)
- Standing Triangle – face side of chair, hand on seat
- Standing Side Stretch – behind chair, facing side, hand on chair for support
- Standing Half Moon – forearm on seat, r/l arm straight, r/l leg out
- Standing Warrior I
- Standing Warrior II
- Standing Warrior III

Seated Postures (11 Snippets)

- Seated Chair Mountain Pose
- Seated Upward Salute
- Seated Torso Circles
- Seated Neck Rolls
- Seated Neck Stretch r/l
- Shoulder Rolls
- Seated Foot/Ankle Stretch
- Seated Cat/Cow
- Seated Cow Facing Pose (w bands)
- Seated Single Leg Stretch (hamstring)
- Seated Hamstring Stretch with Strap
- Seated Pigeon
- Seated Twist
- Seated Eagle
- Seated Cactus Arms (in/out)
- Seated Goddess
- Seated Chair Goddess Side Twist
- Seated Chair Goddess Angle

- Seated Shoulder Stretch
- Seated Knee to Chest
- Seated Opposite Leg and Knee Lift
- Seated Bicycle
- Seated Scissors
- Seated Boat
- Seated Revolved Chair Pose (hands to prayer)
- Seated Chair Wide-Legged Forward Fold
- Seated Straddle wide-legged forward fold with twist
- Seated Chair Warrior I
- Seated Chair Warrior II
- Seated Chair Warrior III
- Seated Staff Pose – legs extend out, arms up
- Seated Chair Child's Pose
- Seated Chair Corpse Pose/Shavasana

Kneeling Postures (1 Snippet)

- Kneeling (floor) Puppy Pose (seat)
- Kneeling Crescent Lunge (deep kneeling lunge, facing back of chair, hand on chair)
- Kneeling Camel (chair behind)

Supine Postures (1 Snippet)

- Bridge Pose (hold legs of chair)
- One-Legged Wheel (hold legs of chair)
- Legs on Chair - Shavasana

Prone Postures (1 Snippet)

- Downward Facing Dog – face seat or back of chair, hands on seat or back of chair
- Dolphin (stand facing chair, dolphin arms to seat)
- Plank (dolphin arms to seat)

Active Aging

Example 1 Seated

- Seated Chair Mountain Pose
- Seated Upward Salute
- Seated Torso Circles
- Seated Neck Rolls
- Seated Neck Stretch r/l
- Shoulder Rolls
- Seated Foot/Ankle Stretch
- Seated Cat/Cow
- Seated Cow Facing Pose (w bands)
- Seated Single Leg Stretch (hamstring)
- Seated Hamstring Stretch with Strap
- Seated Pigeon
- Seated Twist
- Seated Eagle
- Seated Cactus Arms (in/out)
- Seated Goddess
- Seated Chair Goddess Side Twist
- Seated Chair Goddess Angle
- Seated Shoulder Stretch
- Seated Knee to Chest
- Seated Opposite Leg and Knee Lift
- Seated Bicycle
- Seated Scissors
- Seated Boat
- Seated Revolved Chair Pose (hands to prayer)
- Seated Chair Wide-Legged Forward Fold
- Seated Straddle wide-legged forward fold with twist
- Seated Chair Warrior I
- Seated Chair Warrior II
- Seated Chair Warrior III
- Seated Staff Pose – legs extend out, arms up
- Seated Chair Child's Pose
- Seated Chair Corpse Pose/Shavasana

Active Aging

Example 2 Seated/Standing

- Seated Chair Mountain Pose
- Seated Upward Salute
- Seated Torso Circles
- Seated Neck Rolls
- Seated Neck Stretch r/l
- Shoulder Rolls
- Seated Foot/Ankle Stretch
- Seated Cat/Cow
- Seated Cow Facing Pose (w bands)
- Seated Single Leg Stretch (hamstring)
- Seated Hamstring Stretch with Strap
- Seated Pigeon
- Seated Twist
- Seated Eagle
- Seated Cactus Arms (in/out)
- Downward Facing Dog – face seat or back of chair, hands on seat or back of chair
- Dolphin (stand facing chair, dolphin arms to seat)
- Plank (dolphin arms to seat)
- Standing Warrior I
- Standing Warrior II
- Standing Warrior III
- Standing Dangling Pose – face seat, forearms dangle/make contact with seat for support
- Standing Chair High Lunge – foot on seat, opposite hand on back rest for support
- Standing Intense Side Stretch – face seat, both hands on seat for support (staggered stance)
- Seated Staff Pose – legs extend out, arms up
- Seated Chair Child's Pose
- Seated Chair Corpse Pose/Shavasana

Kids Yoga

Example 1

- Standing Mountain – hand on chair for support
- Standing Upward Salute – hand on chair for support
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- Standing Intense Side Stretch – face seat, both hands on seat for support (staggered stance)
- Standing Warrior I
- Standing Warrior II
- Standing Warrior III
- Seated Twist
- Seated Eagle
- Seated Cactus Arms (in/out)
- Seated Goddess
- Seated Chair Goddess Side Twist
- Seated Chair Goddess Angle
- Seated Shoulder Stretch
- Seated Knee to Chest
- Seated Opposite Leg and Knee Lift
- Seated Bicycle
- Seated Scissors
- Seated Boat
- Seated Staff Pose – legs extend out, arms up
- Seated Chair Child's Pose
- Seated Chair Corpse Pose/Shavasana

Kids Yoga
Example 2

- Seated Chair Mountain Pose
- Seated Upward Salute
- Seated Torso Circles
- Seated Neck Rolls
- Seated Neck Stretch r/l
- Shoulder Rolls
- Seated Foot/Ankle Stretch
- Seated Cat/Cow
- Seated Cow Facing Pose (w bands)
- Downward Facing Dog – face seat or back of chair, hands on seat or back of chair
- Dolphin (stand facing chair, dolphin arms to seat)
- Plank (dolphin arms to seat)
- Kneeling (floor) Puppy Pose (seat)
- Kneeling Crescent Lunge (deep kneeling lunge, facing back of chair, hand on chair)
- Kneeling Camel (chair behind)
- Bridge Pose (hold legs of chair)
- One-Legged Wheel (hold legs of chair)
- Legs on Chair - Shavasana

Corporate Yoga

Example 1

- Seated Chair Mountain Pose
- Seated Upward Salute
- Seated Torso Circles
- Seated Neck Rolls
- Seated Neck Stretch r/l
- Shoulder Rolls
- Seated Foot/Ankle Stretch
- Seated Cat/Cow
- Seated Cow Facing Pose (w bands)
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- Seated Bicycle
- Seated Scissors
- Seated Boat
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Corporate Yoga

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