

CHAIR YOGA

01

Sit upright and comfortably with your knees at hip level, hands at the level of your abdomen, and take slow, deep breaths through your nostrils 6-8 times.



02

Inhale while raising your arms and looking upward.



03

Exhale while lowering your arms to your abdomen.

(Repeat this double series of 2 and 3 for a total of 3 times in a row.)



04

As you exhale, raise your arms and stretch to the right.



05

As you inhale return to an upright position with your arms raised.



06

Exhale while stretching your arms to the left.

(Repeat this triple series of 4, 5 and 6 for a total of 3 times in a row.)



07

Lower your arms to your abdomen and rest while breathing in and out.



08

Inhale while clasping your hands behind your head and looking upward.



09

Exhale while bending forward with your hands behind your head.

(Repeat this double series of 8 and 9 for a total of 3 times in a row.)



10

Inhale while raising your arms upward to stretch your spine.



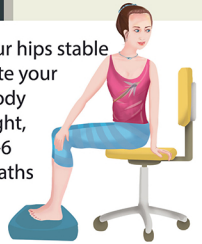
11

Lower your arms to your abdomen and rest while breathing in and out.



12

Keep your hips stable and rotate your upper body to the right, taking 3-6 slow breaths here.



13

Inhale while raising your arms upward to stretch your spine.



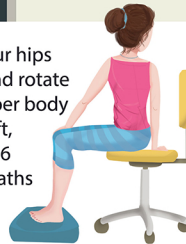
14

Lower your arms to your abdomen and rest while breathing in and out.



15

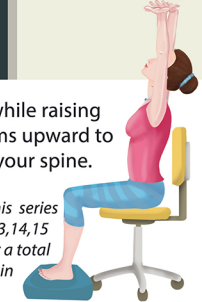
Keep your hips stable and rotate your upper body to the left, taking 3-6 slow breaths here.



16

Inhale while raising your arms upward to stretch your spine.

(Repeat this series of 11,12,13,14,15 and 16 for a total of 3 times in a row.)



17

Lower your arms to your abdomen and rest for 3-5 minutes while breathing in and out.



Detailed explanations of all the poses in the Chair Yoga Series can be found in the book, 'Your Genes Are Not Your Destiny'.

