

Chair Yoga Exercises

FORWARD BENDS



SIMPLE FORWARD BEND

ARDHA UTKATASANA

UTKATASANA

UTTANASANA
ARDHA UTTANASANA

PRASARITA PADOTTANASANA

PARSVOTTANASANA



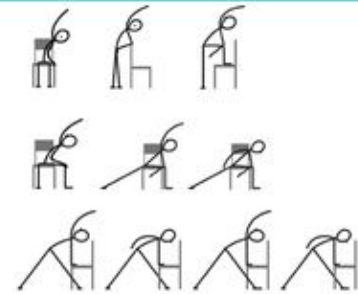
LATERAL BENDS



SIMPLE SIDE BEND

UTTHITA PARSVAKONASANA

UTTHITA TRIKONASANA



BACK BENDS



SIMPLE BACK BEND

VIRABHADRASANA 1

BHUJANGASANA
SALABHASANA
VIMANASANA



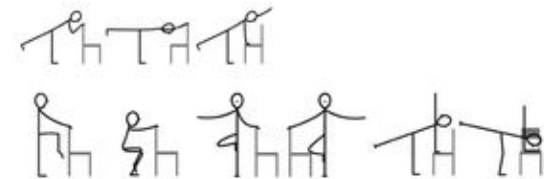
EKAPADA USTRASANA

BALANCE



VIRABHADRASANA 3

TADASANA
GARUDASANA
VRKSASANA
ARDHA CHANDRASANA



TWISTS



SIMPLE TWIST

PARIVRTTI TRIKONASANA

ARDHA MATSYENDRASANA



HIP WORK



HIP FLEXION / EXTENSION

HIP ABDUCTION/ADDUCTION

HIP EXTERNAL ROTATION

