

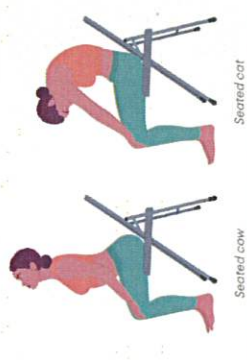
Chair Yoga Exercises for Destressing & Increasing Flexibility

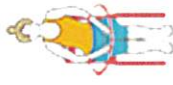
The following movements are designed to provide your body a way to release stress during the day or just get a good stretch while you are working at your desk. They will also help you improve your flexibility and increase your mobility. The key is to establish a consistent practice where everyday you are stretching and moving your body to go a little bit further.

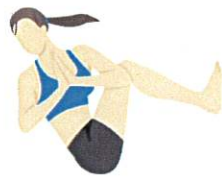
How to Perform the Exercises:

- ❖ Step-by-step written instructions with images of various exercises are provided on the following pages to ensure proper form.
- ❖ If you have questions, please drop in or make an appointment to see Coach Eileen. She will demonstrate any exercise and modifications for the exercise. You can also email Eileen at efranco@AvidonHealth.com with any questions.
- ❖ If you want a 1:1 on how to establish a consistent home practice to improve your flexibility and therefore increase mobility, please email me at efranco@AvidonHealth.com for a coaching appointment or drop in to schedule one.

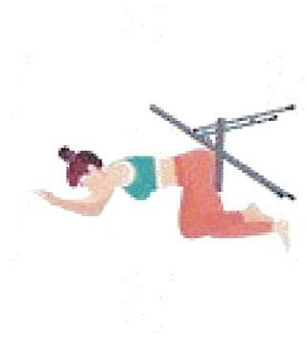
**Please note: If you have any health issues or concerns, consult your healthcare provider before beginning this or any Wellness Program challenge or class.*

Pose #	Poses	Target Muscles	# Breaths/Rep	How to Perform Each Pose	Image of the Pose
1	Side Leans	internal/external obliques, erector spinae and the lower back muscles	3-5 breaths minimum 3 2x each side	1. Sit on the edge of the chair. 2. Lift the left arm up and reach towards the right ceiling. Note: No bending but reaching. 3. Turn your face to look up at your left arm. 4. Come back to center, put arm down. 5. Repeat on the right side.	
2	Forward bend with arms	hip muscles, lower back and hamstrings	2-3 breaths Repeat 3 times	1. Inhale as you clasp your hands together and fully extend your arms up to the ceiling. 2. Activate the core. 3. Exhale as you bend forward rounding your back and pushing your arms straight out in front of you at the same time. 4. Come back to center. 5. Repeat.	
3	Seated Cat/Cow	Increases flexibility of neck, shoulder, spine. Stretches the hips, back, chest and abdomen.	5 times	1. Sit on the edge of the chair. 2. Place your hands by the side of the chair on your knees. 3. Inhale as you round your back and shoulders and pull in the core. 4. Exhale as you push out your chest forward coming into cow with a slight arch of your back.	

Pose #	Poses	Target Muscles	# Breathes/Rep	How to Perform Each Pose	Image of the Pose
4	Side Twist	Strengthened obliques muscles	2 times each side	1. Raise both your arms up as if you are trying to reach the ceiling. 2. Bring the right arm to the left knee and twist to the left. Left arm falls to the side/back of the chair. 3. Look behind you as you twist. 4. Stay here for 3 breaths. 5. Come back to center. 6. Raise both arms up. 7. Bring the left arm to the right knee and twist to the right. Right arm falls to the side/back of the chair. 8. Look behind you as you twist. 9. Come back to center. 10. Repeat.	
5	Hip Circles	Targets/strengthens hip, glutes medius, hip adductor, lower back	5x each way	1. Sit upright in the edge/middle of the chair or yoga ball. 2. Place your hands beside you or on top of the desk. 3. Keep upper body stable. 4. Circle your hips 5 times one way. 5. Come back to center. 6. Circle your hips 5 times the other way.	

Pose #	Poses	Target Muscles	# Breathes/Rep	How to Perform Each Pose	Image of the Pose
6	Forward fold	Hamstrings, spine, calves, glutes, lower back and hip flexors	3 times	1. Sit in the edge/middle of the chair. 2. Raise your arms up. 3. Bend from the waist and fold over your legs and down to feet as far as you can go. 4. Stay here for 3-5 breaths. 5. Come back up. 6. Repeat.	 Seated forward fold
7	Chair pose	Lengthens the back, improves core muscles and strength, engages your shoulders, lower back, upper back, hips and hamstrings	2-3 times each side	1. Sit on the edge of the chair. 2. Legs are together. 3. Bring arms up and clasps your hands. 4. Twist down and to the left side, bringing the right elbow to the outside of the left knee or thigh. 5. Your upper body is folded forward. 6. Stay here for 3-5 breaths. 7. Come back to center. 8. Repeat on the right side.	
8	Seated pigeon	hip flexors, glutes, lower back, feet, ankles, hamstrings	2x each side	1. Sit in the middle of the chair. 2. Bring left foot on top of the right knee. 3. Lightly press the left knee down with your left hand. 4. With a straight back, lean forward as much as you can. 5. Stay here for a few breaths. 6. Come back to center.	

Pose #	Poses	Target Muscles	# Breathes/Rep	How to Perform Each Pose	Image of the Pose
9	Goddess Side Bend	Open hips, stretches obliques and lower back	2x each side	1. Sit at the edge of the chair. 2. Open legs out to the side of the chair, as wide as possible. 3. Feet pointing outward. 4. Place right elbow on top of the right thigh. 5. Lift left arm up as you look up to the left. 6. Stay here a few breaths. 7. Come back to center. 8. Repeat on the left side.	
10	Goddess Twist	open hips, stretches obliques and lower back	2x each side	1. Sit at the edge of the chair. 2. Open legs out to the side of the chair, as wide as possible. 3. Feet pointing outward. 4. Place right elbow on top of the right thigh. 5. Place the left hand on the left thigh. 6. Twist to the left. 7. Stay here for a few breaths. 8. Come back to center. 9. Repeat on the left side.	
11	Downward Dog	shoulders, hamstrings, back	5 breaths	1. Stand in front of your chair. Feet hip width apart. 2. Engage the core.	

Pose #	Poses	Target Muscles	# Breathes/Rep	How to Perform Each Pose	Image of the Pose
12	Eagle Pose	Hamstrings, quads, calves, shoulders	5 breaths	1. Sit on the middle of the chair or closer to the edge, whichever is comfortable. 2. Cross one leg over and rest on top of the thigh. 3. Place foot behind the calf of the static leg, if possible. 4. Place one arm on top of the other. 5. If possible, try to clasp your hands together. 6. Keep your arms up. 7. Keep a straight back. 8. Shoulders away from the ears.	
				3. Hinge from the waist as you grab to the sides of the chair. 4. Walk your feet back until your back is flat. Head is down and between your arms in alignment with your back. 5. Move your upper body down as in a slope and as if trying to reach your thighs. Spine is long. 6. Knees can be slightly bent. 7. Walk your feet in and come back up to standing.	