

*Chair Yoga for all ages, sizes and abilities*

*I know you are thinking this will be so lame, easy and a waste of my time. I plan to show you those thoughts are incorrect. Chair Yoga has grown in popularity since our population is aging and living longer. Chair Yoga allows all to stretch, strengthen and enjoy the relaxation methods of traditional yoga without the worry of not being able to get off the floor. Many classes include floor work as an option. so we begin,*

*Seated position in your chair. Feet on a blanket or block. I prefer block because we will use it later. Thighs should be parallel to the floor. Feet facing forward, ankles directly under the knees. Shoulders up, back and down. We will begin with alternate nostril breathing. Five breaths each side. As you continue to enjoy this breathing technique, remember it is a good technique to use during times of stress or anxiety. As we slow the breath, we calm our mind.*



**One nostril at a time**

To practice Anuloma Viloma, or Alternate Nostril Breathing: sit up tall in a comfortable position, either in Easy Pose (see pages 128–129) or Hero Pose (see pages 130–131).

1. Lift your right hand, and bend your index and middle fingers down while keeping your thumb, ring finger, and pinky lifted. This is the Vishnu Mudra (see page 13).



2. Inhale once normally, and then exhale normally.

3. Close off your right nostril with your right thumb and inhale through your left nostril.

4. Use your ring finger to close off both nostrils and hold the breath.

5. Keeping your ring finger on your left nostril, exhale out of your right nostril.



6. Inhale through your right nostril, and then close off both nostrils and pause to hold the breath.

7. Exhale out of your left nostril. This is one round of Anuloma Viloma.

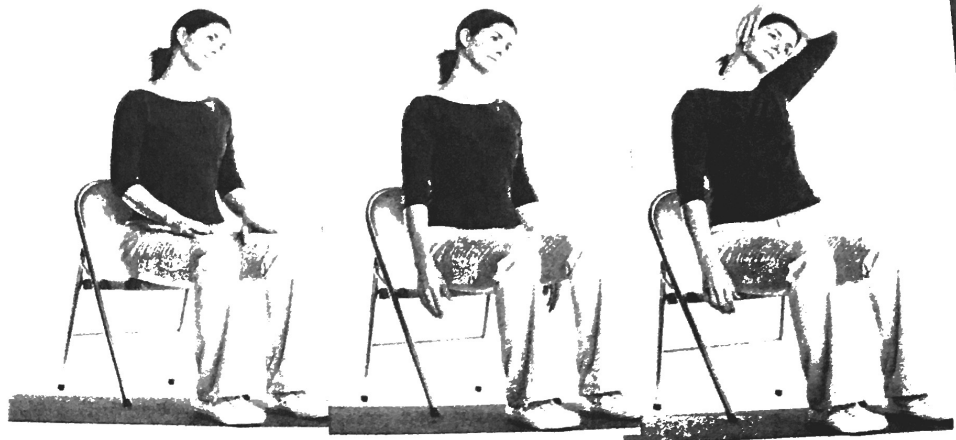
Continue repeating steps 2 through 8 for another 3 to 5 cycles. When you are finished practicing Anuloma Viloma you can sit quietly in a seated meditation.

*Let's lift our shoulders to a shrug, close your eyes and release shrug. Repeat three times. Place your hands behind your head, with a inhale tilt to your left, exhale back to center, Inhale, tilt right, exhale back to center. Three times. Keep those hands behind your head, inhale, on your exhale curl forward, as your come forward, bring elbows together. Inhale arch your back in a nice chest stretch. Opening those elbows wide. This movement works the abdominal muscles and well as a chest opener.*

Sit towards front of your chair. Sweep arms up, fingertips touch, swan dive down, hands into airplane and place hands of seat of chair. Sit nice and tall, bring the abs in tight and begin to circle forward to left. Lead with your heart. 3xtimes each side.

### Seated neck stretch

Sit in seated posture, long supported spine, facing forward, relax your neck and let your head drop to right. This is as if you could drop your ear to your shoulder. Shoulders relaxed and chest lifted, weight of your head stretches out along left side of your neck. You can keep arms on your thighs or drop them to the side of your chair. You may also right up with left hand and gently tug head to left. Repeat on the left side. No hurry with this stretch.



### *Clang, Gong and Lion pose,*

*Clang, NG .vibrates the sinus, lifts spirit palms up, crossed in front of body, 1,2,3, open arms as you say CLANG. Repeat three times*

Gong, NG sound again good for opening the sinus passage. This time hands lift overhead and release saying, GONG.

Lion, Lightens the mood, good for anxiety and sends fresh red blood cells to throat. Eyes closed,

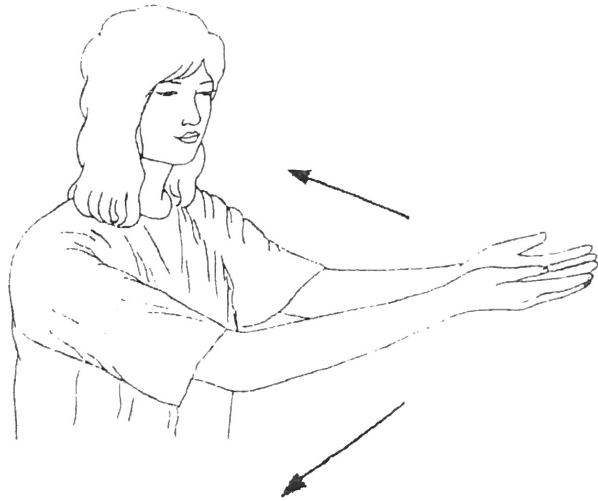


### ■ 9.1 'Clang' exercise

Sit on the front of your chair. Stretch your arms straight out in front of you, with the palms of your hands turned upwards. Inhale deeply, and as you exhale, sing 'Clang', with the emphasis on the 'ng', and at the same time slowly open your arms out to the sides. Briefly lower your hands into your lap. Repeat once or twice more.

#### *Effect*

This exercise makes the sinuses vibrate and has a positive effect on mood.

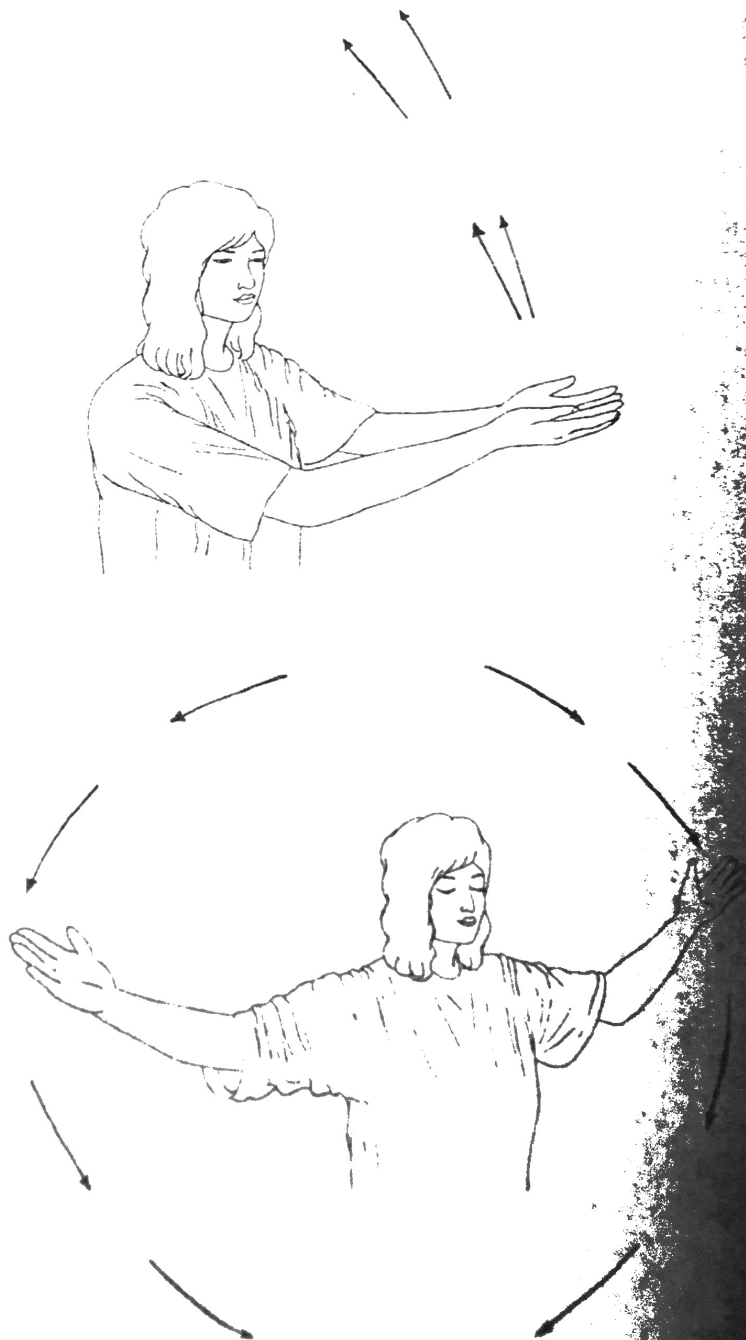


### ■ 9.2 'Gong' exercise

Stretch your arms straight out in front of you, with the palms of your hands turned upwards. Inhale deeply and, as you exhale, sing 'Gong' and make a big circle with your arms, from the top down. Repeat this exercise once or twice more.

#### *Effect*

This exercise makes the sinuses vibrate and has a positive effect on mood.





## Sun Salutation, seated

Inhale, lift arms upward, palms together and exhale forward fold from the hips. Hands come to outside of feet or block. Inhale, grasp right knee and pull toward chest. Release and forward fold, come up half way, flat back, hand to shins. Lift your gaze. Fold down towards floor and inhale come up. Repeat three times each side.

## Sun Salutations, standing, modified

Modifications of this movements allow participants to move at their own pace.

Let's stand and I will show another modification also useful. This works the balance as well as the concentration and core. Stand behind chair in Tadasana, toes forward, shoulder up back and down. Take three deep breaths. Circle sweep those arms upward, palms together, exhale bring hands to top of chair. Place fingertips on chair, take half a step back with right foot, and bring hands to heart center. Inhale, place both hands on chair again, and step back with left foot, and forward fold out arms into a nice flat back. Gaze toward floor, head between elbows. You may bend your knees. Lift the right leg behind you. Toes stay pointed toward floor, abs stay strong, modified warrior III. Hold as you inhale and exhale. On your next inhale, swing that right leg forward, upon your toes, down to your heels, palms to heart center as you have now reversed the balance pose. Step forward with left foot, hands to heart center. Circle sweep hands upward and repeat, three times on each side.

# Sun Salutation

Stand tall in Mountain Pose.

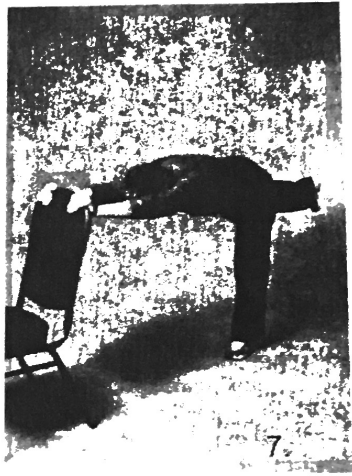
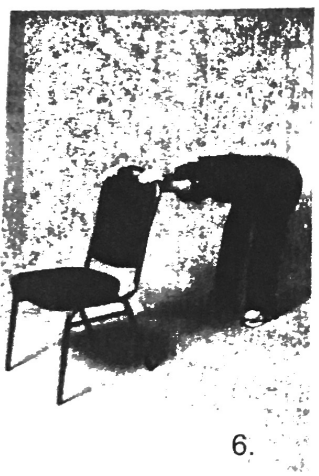



Figure 11.1

Tadasana with Anjali Mudra (Mountain Pose with Prayer Hand Gesture)



- Grounding, solidifying aspects of Mountain Pose exist here and are coupled with reverence and gratitude via the hand position; this enables us to connect to the strength within as well as the divine force of nature/the highest

From here, let's move into some standing postures which the chair can stabilize you if needed. We will begin with Tree, Vrksasana. Begin in Tadasana, rest left hand on chair if you like, bend right knee forward, take it out to right and place on floor, right heel may rest on inside of left foot. Right foot may also be placed on calf or inner thigh of left leg. Press into left leg with sole of right foot. Stand tall, chin parallel to ground, eyes straight ahead. Palms may come to heart center or extend overhead. Hold for three breaths, bend right knee behind as you balance. Repeat to left side.

Figure	Yoga Posture	Benefits Relating to Stress and Anxiety
Figure 3.3 	Vrksasana (Tree Pose)	<ul style="list-style-type: none"> <li>• Similar benefits to above posture (Talasana)</li> <li>• Imagining rooting feet into the earth connects to a deep sense of groundedness and being supported by something ancient and powerful, which brings about a sense of safety and security</li> </ul>

Stand feet further than hip distance apart, toes pointed out slightly for 5Point Star. Arms are lifted upward, palms toward each other. Inhale, bring arms down, into cactus. This strengthens the scapula, which will help improve our balance. Repeat this, bending knees more with each breath, keep tail bone towards floor, strengthens thighs and ankles. Place left hand on left thigh, lift right hand upward, palm facing in as you gaze upward., Bring hand down, repeat on left side, right hand on right thigh and lift left hand to sky.



ASANA  
Standing Side-Stretch Pose

ARDHA URDHVA HASTASANA

▼ ▼ ▼ ▼ ▼ ▼ ▼ OPENS SHOULDERS AND RELIEVES SHOULDER  
TENSION • STRETCHES INTERCOSTAL MUSCLES • IMPROVES  
BREATHING AND ENERGY

CAUTION: Practice with care in case of shoulder injuries.

PROP: a wall

OPTIONAL: 1 nonskid mat

Stand with your right side facing the wall, feet close to each other and parallel to one another, and your right foot just a few inches from the wall. Many people like to use a mat for standing poses, rather than standing on carpet or a bare floor; if you prefer a mat, place the short end against the wall. Lean into the wall with your right hip, and stretch your right arm up along the wall, leaning your whole right side into the wall, from your hip to your fingertips. Keep the arm alongside your ear or a little in front of it as you reach it up the wall, rather than letting it drift back behind your head. For more stretch, you can turn your chest slightly away from the wall and your stretching arm toward your left shoulder.

Start by firmly pressing your feet into the floor and lengthening up through your side body from your hip to your fingertips, possibly crawling the fingertips

farther up the wall. Stay gentle with this action, as the stretch will increase quite a bit as you move through the next stages of this exercise. Next, keeping your right side in contact with the wall, begin to lift your heels off the floor, allowing your rib cage and your arm to slide up along the wall as you lift high onto the balls of your feet, like a dancer (Figure 16). Continue to reach through the fingertips as your arm slides up the wall, again crawling the fingertips upward if it feels comfortable. Hold this lift for a few moments, breathing gently into your stretching side and feeling the ribs and the side of the chest lengthening and opening.

Then, as you begin to lower your heels slowly back onto the floor, try to keep your arm high on the wall. Don't overdo this, as you will be getting a big stretch in the intercostal muscles and side of the chest, but do gently resist letting the arm slide down with you. Once your feet are firmly back on the floor, again press into them and lengthen up through the fingertips, still leaning into the wall. Hold for a few more breaths, as you feel the muscles along the side of the body softening and releasing and your breath moving more fully into the stretching side. To come out, slide your arm down along the wall in front of you. Then turn around and repeat on the other side.



FIGURE 16  
STANDING SIDE STRETCH POSE

## *Eka Pada Salamba Uttansasana*

*This pose stretches the muscles of the spine and hip rotators. Relieve back and neck tension and helps with mobility of hip sockets.*

*Stand facing the chair. You will be changing positions on the chair, so if you like place back of chair against wall. You may also place mat under chair. Step right foot forward and up onto the seat. The toes of both feet face same direction as you, rather than turning out or in. Once you are balanced here, press firmly into both feet and lean forward and bend over, letting your spine hang down inside the right thigh and your head drop toward the floor in a deep forward bend. Hips stay in alignment with standing leg and weight balanced evenly between the front and back of the standing foot, rather than leaning back. If comfortable both arms can dangle down toward the floor, increasing the stretch in the back, neck and shoulders. If too intense, place right hand inside on chair beside right foot. Hold for 30 seconds to one minute. To come out, bend the standing knee, and roll your spine back up to standing. Head comes up last. When you feel fully balanced step down and move to other side of the chair.*



As we remain standing, lift arms upward to shoulder height. Bend knees slightly as hands come forward into a modified Utkatasana. Or chair pose. Repeat three times. Bring back of hands together in front of your body. For more of a challenge, twisting chair pose, also known as Parivrtta Utkatasana can be done at this time.

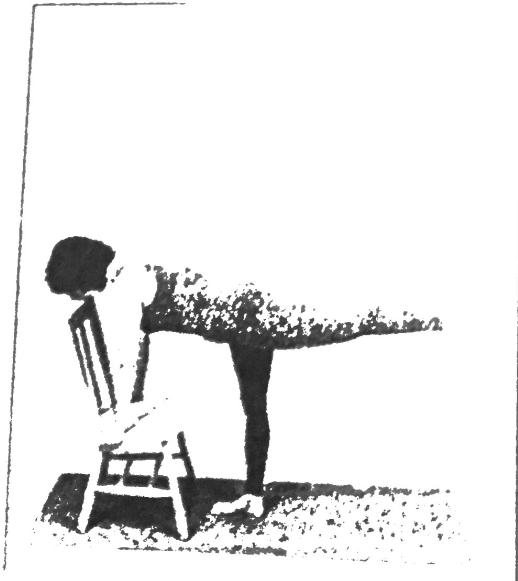


*Final pose from the side*

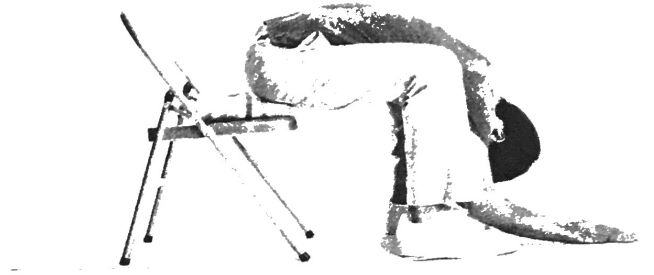
## Warrior II

Stand behind chair, use as support as needed.

Feet wide apart again, hands on hips, chin parallel to floor, lift arms to side. Shoulder height. Left foot stays facing forward towards chair. Right foot, turns to right so right heel is aligned in center of left foot. Shift left foot if needed, inhale, bend right knee to begin. Exhale straighten. Repeat this three times, then right out with right hand, bend Vrabhadrasana II. Right knee stays over ankle, left hand slide into Peaceful Warrior.



Return to front of chair, we will do seated forward fold, Salamba Uttansasana. Blocks can be used as support, hands may rest on outside of feet, block or on knees. Soften back as you relax and breathe five cycles .As you inhale, fold forward from the hips. Hands may reach for the floor.



### Seated Cow Pose, Gomukhasana

Begin in seated posture, place strap over right shoulder, letting one end drop down along your back. Lengthen your spine and stretch your arms out to side in T position. Turn your arms away, by externally rotating your right, internally rotating your left.(right palm up, left palm back). Right arm comes upward reaching fingertips toward ceiling, palm turn inward. Left arm down to your side, turning palm backward. One arms are fully stretched out in opposite directions, bend the elbows, dropping the left hand behind your head, bend the right elbow, as hands reach toward each other, grasp strap. You can walk hands along the strap and touch fingertips if comfortable. Hold for 30 seconds. Release and place strap on left shoulder and repeat.



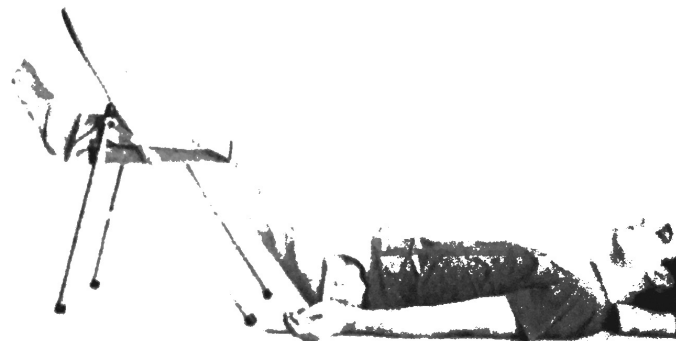


## Seated Eagle Pose, Garudasana

This pose opens the shoulder joints and upper back, release shoulder and upper spine tension. Stretches the arms and wrists, frees the breath.

Seated posture, wrap arms around yourself as if giving a big hug. Bring hands around the shoulder blades, walking the fingertips toward the upper spine to extent that is comfortable. Couple of breaths here. Perfectly fine to stop here, but if you wish to continue, bring forearms and backs of the hand toward each together. Keep the top hand tucked under, you make a X with your hands. If you wish, palms may touch, Hold then release slowly, and repeat to other side.

**Traditional Svanasana** is certainly a option. If you participants wish to move to wall for inverted leg, encourage them to use a blanket under their hips. Viparita Karani is the inverted legs, using the chair. This pose improve the circulatory, nervous and lymphatic system. Relaxing the lower back and reduces stress. It is said to increase mental clarity and alertness. To begin using the chair, place mat in front of the chair, short end facing the chair. Spread blanket on top of your mat. Please use two blankets if you wish more padding for your spine. Lie down on mat, sitting bones close to the chair and your calves' resting on the seat of the chair. Bring chair close to you, so the backs of the knees are fully supported on the edge of the chair seat. Place a pillow under your head and neck for support if you wish. Relax your arms with your hands resting on your rib cage or on the floor. Close your eyes, use eye pillow is you have one.



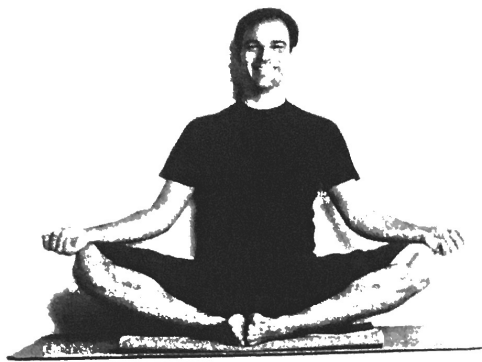


FIGURE 22A  
BOUND ANGLE POSE

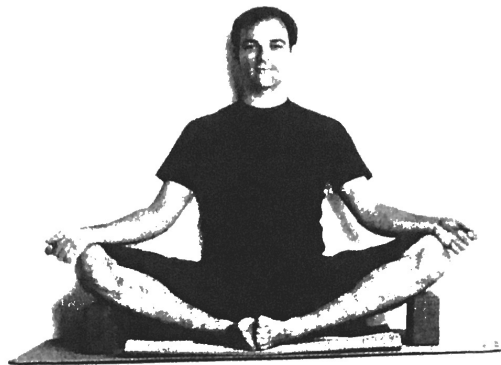


FIGURE 22B  
BOUND ANGLE POSE, WITH BLOCKS

To complete this class, inhale and drop knees to the left. Stay in this position several moments. Place Right hand beside chest and lift up into seated position. Bound Angle Pose will close out our time together. Baddha Konasana. This pose releases the hips and lower back. It increases mobility in the hip sockets for a healthy posture. Bring soles of feet together. Place block under knees if needed. Bring the hands together at heart center to promote balance between the right and left hemispheres of the brain. Use as a gesture of composure to calm the mind and reduce stress.

Come back with me, bend knees to one side, using chair, stand in Tadasana, lift your hands upward, inhale, exhale and bring palms to heart center, Namaste.

Anjali Mudra (Prayer Gesture)

