Basic Chair Yoga

Yoga involves gentle, guided stretching. This can help with the development of greater flexibility and improve range of motion, preventing falls and making it easier to participate in activites of daily life.

FORWARD BENDS

- SIMPLE FORWARD BEND
- ARDHA UTKATASANA
- UTKATASANA
- UTTANASANA / ARDHA UTTANASANA
- PRASARITA PADOTTANASANA
- PARSVOTTANASANA

BACK BENDS

- SIMPLE BACK BEND
- VIRABHADRASANA 1
- EKAPADA USTRASANA
- BHUJANGASANA / SALABHASANA / VIMANASANA

TWISTS

- SIMPLE TWIST
- PARIVRTTI TRIKONASANA
- ARDHA MATSYENDRASANA

LATERAL BENDS

- SIMPLE SIDE BEND
- UTTHITA PARSVAKONASANA
- UTTHITA TRIKONASANA

BALANCE

- VIRABHADRASANA 3
- TADASANA / GARUDASANA / VRKSASANA / ARDHA CHANDRASANA

HIP WORK

- HIP FLEXION / EXTENSION
- HIP ABDUCTION/ADDUCTION
- HIP EXTERNAL ROTATION