

CHAIR YOGA SEQUENCE

15 Minute Daily Flow • Focus: Mobility & Breath

01 Centered Breath

Sit tall with feet flat. Close eyes and inhale for 4 counts, exhale for 4 counts.

02 Neck Rolls

Slowly drop chin to chest. Circle head gently to the right, then left.

03 Seated Cat-Cow

Inhale, arch back and look up. Exhale, round spine and tuck chin.

04 Seated Twist

Place left hand on right knee. Twist gently to the right. Repeat on other side.

05 Side Stretch

Reach one arm overhead and lean to the opposite side. Keep hips grounded.

06 Eagle Arms

Cross arms at elbows and wrists. Lift elbows to shoulder height to stretch upper back.

07 Seated Pigeon

Cross right ankle over left knee. Lean forward slightly to stretch the hip.

08 Final Rest

Rest hands on lap. Relax shoulders. Observe the body for 2 minutes.

Move with awareness. Do not push into pain.