

chair yoga

by Gloria Moore



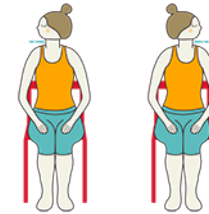
1. Chair Mountain Pose
Chair Tadasana



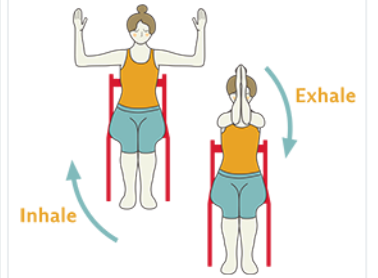
2. Chair Neck Rolls A



3. Chair Neck Rolls B



4. Chair Neck Rolls C



5. Seated Cactus Arms Flow Chair



6. Standing Shoulder Rolls



7. Chair Seated Side Stretch Pose



8. Chair Seated Side Stretch Pose



9. Chair Seated Twists



10. Chair Seated Twists



11. Seated Low Lunge Variation
Chair
Anjaneyasana Variation Chair



12. Seated Low Lunge Variation
Chair
Anjaneyasana Variation Chair



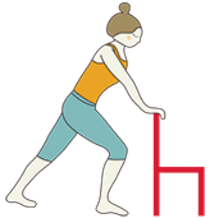
13. Heel Raises Chair



14. Standing Forward Bend Chair
Uttanasana Chair



15. Tree Pose Holding Onto Chair
Vrksasana Holding Onto Chair



16. High Lunge Chair
Ashta Chandrasana Chair



17. Standing Pelvic Circles



18. Standing Cat Cow Pose
Tadasana Bitilasana Marjaryasana



19. Standing Backbend
Anuvittasana



20. Standing Squat Pose Knee
Movement



21. Warrior Pose II Chair
Virabhadrasana II Chair



22. Extended Side Angle Pose
Variation Elbow Arm Chair
Utthita Parsvakonasana Variation
Elbow Arm Chair



23. Warrior Pose II Chair
Virabhadrasana II Chair



24. Extended Side Angle Pose
Variation Elbow Arm Chair
Utthita Parsvakonasana Variation
Elbow Arm Chair



25. Seated Palms On Belly Chair