

Chair Yoga with Leslie Nana :)



1. Opening Seated Breathwork

- Sit slightly forward on your chair
 - Feet & knees hip-distance apart
 - Hands resting on your lap
 - Direct your focus on your breath
 - Begin lengthening your breath
- ***6-10 Sets***



2. Chair Neck Rolls B

- Slow head rolls, gently loosen the neck
 - Keep the head heavy & shoulders relaxed
 - Keep breathing long, slow & easy breaths
- ***5 Circles, both directions***



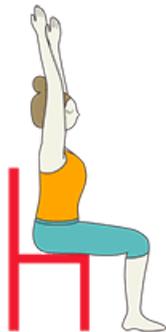
3. Chair Seated Shoulder Circles

- Inhale, as you move your elbows forward & up
 - Exhale, as you move your elbow back & down
- ***5 sets, both directions***



4. Seated Cat Cow

- Inhale: into your belly, heart forward, shoulders back, gently looking up (Cow)
 - Exhale: draw your belly in, upper back rounds, keep head heavy, chin towards the chest
- ***6 sets***



5. Arm raises

- Inhale: Lift arms over your head, palms facing each other
 - Exhale: Slowly lower arms down by your side
- ***6 Sets***



6. Side Stretch

- Inhale, raise arm up & Exhale, stretch arm over to the side
 - Inhale, arm to center & Exhale, arm down
- ***4 Sets, Each side***



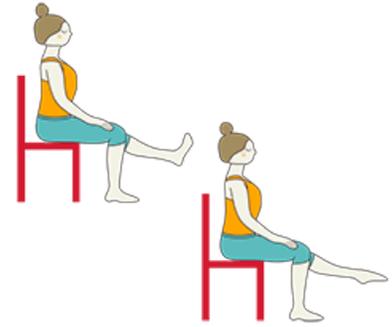
7. Seated Twist

- Sit towards the front edge of the Chair
- Right arm on the back of the seat, Left Arm on the Right knee
- Bring your gaze towards the back of the chair
- Stay in the twist for 3-5 long, deep breaths
- ***1 Set, Each side***



8. Seated Forward Fold

- Inhale through the crown of your head
- Exhale as you gently begin resting your lower abdomen onto your lap
- 6 Long, belly breaths, allowing the weight of your torso to lay heavily over your lap
- Slowly stack each vertebrae until you are seated upright
- ***1-2 Sets***



9. Chair Flexing Foot Pose

- Inhale: Extend and lift right foot & point toes away
- Exhale: Flex the foot
- Inhale: Point toes
- Exhale : Lower leg & foot
- ***4 Sets, Each Side***



10. Breathwork Meditation

- Sit comfortably in chair
- Place one hand onto your heart, and the other onto your belly
- Direct your focus to your breath as you allow the breath to settle back to its natural rhythm
- Keep your face relaxed
- Enjoy the natural movement of your breath
- Gently form a smile
- Thank yourself for this practice
- ***Namaste!