

MINDFUL CHAIR YOGA

- By COREY ROOS -

YouTube Videos:

An Intro to Mindful Chair Yoga (2min.)

**Mindful Chair Yoga: A Beginner's Practice with a Closing Meditation
(12 min total)**

Mindful Chair Yoga: A Complete 15 min. practice

Mindful Chair Yoga: A 30 Minute Beginner Practice

Mindful Chair Yoga: A 40 Minute Complete Beginner's Practice

Mindful Chair Yoga: A Beginner's Practice to Relieve Back Tension

Mindful Chair Yoga: A Beginner's Practice to Relieve Neck and Shoulder Tension

Mindful Chair Yoga: A 6 Minute Mindful Progressive Muscle Relaxation

**Mindful Chair Yoga: Cultivating a Healthy Relationship with Thoughts and
Emotions**

Mindful Chair Yoga: Cultivating Kindness and Compassion 15 Minutes

Mindful Chair Yoga: Developing Mindfulness through Playfulness

VIDEOS CAN BE PURCHASED ONLINE

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