



Chair Yoga Postures

Try out the following seated yoga postures for a physical or mental break. Select a few postures to practice one at a time or slowly flow through the entire sequence. For added benefit, incorporate mindful breathing: pause in each posture and take a nice deep inhale followed by a long and slow exhale.

Posture	Description	Tips
Seated	Rest hands on thighs	<ul style="list-style-type: none"> ▪ Sit upright, face forward ▪ Inhale, lengthen spine ▪ Exhale, soften shoulders
Seated Cow	Draw shoulders back, open chest	<ul style="list-style-type: none"> ▪ Rest hands on thighs, relax belly
Seated Cat	Round spine, pull shoulders forward	<ul style="list-style-type: none"> ▪ Rest hands on thighs, draw naval toward spine
Seated Mountain	Reach arms overhead	<ul style="list-style-type: none"> ▪ Relax shoulders
Seated Backbend	Cactus arms overhead, look up	<ul style="list-style-type: none"> ▪ Start with Mountain arms, broaden across chest and bend elbows, tip chin high to open neck ▪ Release back to Mountain arms
Seated Rag Doll	Fold forward at waist	<ul style="list-style-type: none"> ▪ Drape body forward, relax neck, dangle arms toward floor ▪ Roll up one vertebrae at a time to release back to Seated
Seated Side Stretch	Reach arms overhead, stretch to one side	<ul style="list-style-type: none"> ▪ Start with Mountain arms, capture opposite wrist with hand as bend to side ▪ Reverse to other side ▪ Release back to Mountain arms
Seated Twist	Twist through mid-body to one side	<ul style="list-style-type: none"> ▪ Hips and knees face forward ▪ Press palm into outside of opposite knee to deepen twist ▪ Reverse to other side ▪ Release back to Seated
Seated Horse	Open knees wide	<ul style="list-style-type: none"> ▪ Rest hands on knees ▪ Option to dip one shoulder toward center, than the other
Seated Figure Four	Cross ankle over opposite knee	<ul style="list-style-type: none"> ▪ Keep hips level, flex lifted foot to protect knee ▪ Rest hands on ankle / knee ▪ Reverse to other side
Seated Savasana	Rest hands on thighs	<ul style="list-style-type: none"> ▪ Close eyes if comfortable doing so ▪ Relax body, breathe naturally, focus on letting go