



Yoga was developed by the Indus-Sarasvati civilization in Northern India over 5,000 years ago. Chair Yoga was created in 1982 by a certified Kripalu Yoga Instructor to be done mostly sitting in a chair when one of her younger students was stricken with arthritis and could no longer get down on the floor to practice Yoga.



**CHAOGA** is a hybrid of Chair Yoga that designed for people of all ages who aren't as flexible and mobile as they once were, and/or are recovering from injury or surgery.

The majority of **CHAOGA** exercises are done while seated and each **CHAOGIE** works at their own pace and limits. "You will feel better if you practice our **CHOGA** movements" !

Each **CHAOGA** practice is designed to:

- Safely stretch, loosen and strengthen muscles
- Include a light cardio workout
- Improve physical balance
- Invigorate blood circulation
- Refresh mental acuity
- Improve physical coordination
- Reduce stress
- Encourage social interaction
- Have some fun while improving one's health

**CHAOGA** can be practiced in a group with or without a Sensei or it can be done solo! To go solo all you need is a little open space, a chair with no arms and the desire to give yourself workout.

If you want to give solo **CHAOGA** a try, go on line to YouTube and type in **Bonafide Solutions 4u** on the search line. When you get to my channel you will find several **CHOGA** practices to follow.

You can also follow the directions contained herein. The descriptions of each move have been put in everyday parlance. For best results, go at a moderate pace with 8 to 10 repetitions of each move.

If you have any questions, please email me at:

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