

# Chair Yoga



HEALTHY HEARTS!  
HEALTHY YOU!

Take a few moments to reduce tension, improve your range of motion, and add movement to your day. Hold each pose for three to five breaths.

*Always consult with your physician before beginning any exercise program. This general information is not meant to replace your health care professional. If you experience any pain or difficulty with these exercises, stop and consult with your health care provider.*



## Shoulder Stretch

Drop your right ear to your right shoulder. Switch sides.



## Back Stretch

Clasp your hands, straighten your arms in front of you, and press your palms away.



## Low Back Stretch

Hold onto the chair, squeeze your shoulder blades, and lift your chin and chest.



## Full Body Stretch

Interlace your fingers, reach your arms overhead, and press your palms toward the ceiling.

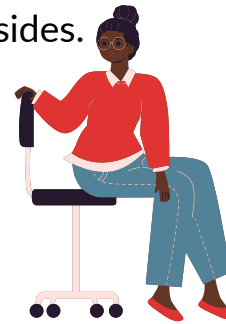
## Side Stretch

Hold onto the chair, reach your right arm overhead, and lean to the left. Switch sides.



## Low Back Stretch

Place your left hand on the outside of your right knee. Gently twist your body to the right. Switch sides.



## Hip Stretch

Cross your right ankle over your right knee. Sit up with a tall spine. Switch sides.



## Leg Stretch

Lift your right leg and hug your right knee into your chest. Switch sides.

