
CHAIR YOGA

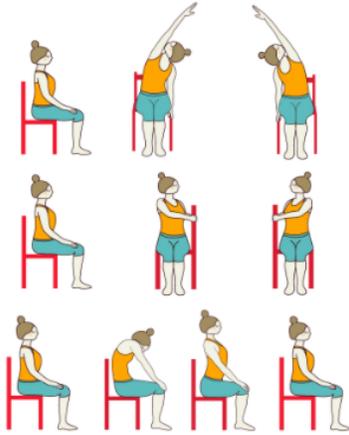


What is chair yoga? Chair yoga is a highly adaptable and accessible form of yoga done either completely seated or partially standing while using the chair as a prop. Read below to see what a chair yoga class might look like.



Centering With Breath

We start class with therapeutic deep breathing exercises. These exercises help to strengthen the lungs, calm the mind, lower blood pressure, and stimulate the lymphatic system. This portion of class lasts for about 5 minutes.



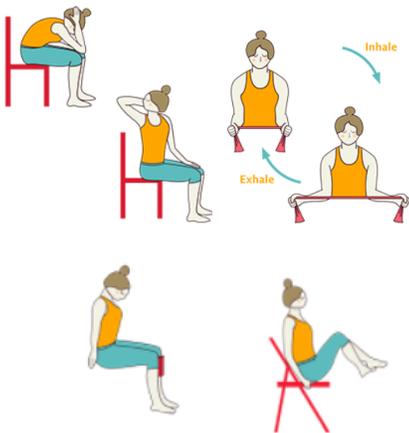
Warm Up

As we begin class we start with simple stretches to limber the body. We might roll out our neck and shoulders, perform simple twists to wring out the spine, and begin to move with our breath heating up our muscles. This portion of class lasts for about 10 minutes.



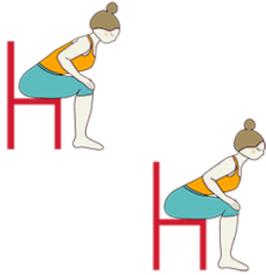
Flow

To the left you will see just a few ways we use our chair and props to create a flow that can be accessible to everyone. Some classes prefer to stay completely seated and others like to mix in some standing poses while still using the chair for stability and balance. It all depends on your group's mobility. The flow portion of the class lasts for about 20 minutes typically.



Work Out!

In a typical flow class our flow lasts quite a bit longer and gives us a proper upper body, core, and lower body workout. Since we cannot use the weight of our bodies as much in a chair flow we include some gentle exercises to get the blood pumping and build strength! In these exercises we use resistance bands, blocks, and balls to build strength! This portion of class lasts 10 minutes typically.



Cool Down/Recentering

To wrap up our session we end with a slow flow focusing on moving with our breath. We revisit our earlier, simple flow allowing the body to relax and come back to our center. This portion usually lasts about 5-10 minutes.



Savasana

Savasana is a time of guided meditation and relaxation. We come to a comfortable position where we can close our eyes as we are guided into relaxing each part of the body and mind. This portion of the class lasts 5-10 minutes.

We end the class by saying thank you and NAMASTE meaning...

“The light in me acknowledges the light in you”.

