

Welcome to Your Yoga Journey!

Congratulations on taking the first steps to incorporating chair yoga into your life.

The best way to start is to schedule a time to practice and put it on your calendar.

All you need is 5 minutes a day to start.

More Tips to Start a Home Chair Yoga Practice:

- Pick 1 pose from the list in Appendix A that you can hold for 5 breaths
- Practice that pose every day for a week
- Hold the pose for 5 breaths
- Your way is the best way to practice chair yoga!
Just keep practicing!

Appendix A

5 Yoga Poses to Get You Started:

1. Seated Ragdoll: a great pose for opening the upper back, relieving lower back pain and to release anything that doesn't serve you.



Start sitting tall, feet grounded, hands by your side. Inhale, lift your arms towards the sky, lift your chin slightly. Exhale, bending at your hips, fold forward, allowing your forearms or torso to rest on your thighs. Give your head and arms/hands permission to relax. Place each hand in your elbow creases, slightly tuck your chin and allow your head to fall heavy between your knees and towards the ground.

Continue to deeply inhale and exhale, allowing gravity to move your body deeper into the pose. When you are ready to release the pose, inhale and slowly roll up, coming back to the starting pose, sitting tall.

2. Seated Mountain Pose: an excellent pose for tight hips



Come to a comfortable seat, feet can be propped up on books to allow the ground to meet you. Place your hands on your thighs or knees, hands up or hands

down. Close your eyes, if you are called to do so, and breathe normally. When you are ready to come out of this pose, gently open your eyes and extend your legs long in front of you for a few moments, observing and resisting the urge to shake out any discomfort.

3. Chair Sphinx Pose: used as a resting or yin pose, you are able to find release in your upper back and your glutes.



Starting in seated mountain pose, place a pillow, cushion or bolster on your lap. Lie down on your belly and pause. Place your left forearm on the mat, with your left elbow right under your shoulder. Do the same on the right side. Take a deep breath, releasing any tension in your glutes and/or lower

back. If called, you can close your eyes and tuck your chin in towards your chest. Breathe here letting gravity move your chest and hips into a deeper stretch.

4. Seated Legs up a Wall: an excellent pose to counteract a day spent on your feet.



Sit comfortably and place your calves on a second chair or other elevated surface. Your arms may be by your sides.

5. Savasana (Corpse) Pose: Your final resting pose



Sit comfortably in a chair, legs stretched out long in front of you, perhaps placing a pillow, cushion or

bolster under your feet. Arms by your sides, the palms of your hands can be facing up or facing the surface you are resting on. Let your feet relax and fall open like a book. Take a deep breath in and as you release, feel your body relax into the support of the surface beneath you.