

Seated Beginner Chair Yoga

By: Teresa Speranza CYI



. I am participating in a home yoga class offered remotely by Hanover Township Senior Center & Teresa Speranza.

2. I recognize that I must be in adequate physical and mental health to participate in yoga. I understand that yoga may require physical exertion, and I represent and warrant that I am physically fit enough to participate, and I have no medical condition which would prevent my full participation in yoga.

3. I am aware that my participation in yoga could result in physical injury and may aggravate pre-existing injuries. I understand that I could experience muscle, back, neck and other injuries as a result of my participation in yoga. I understand my physical limitations and I am sufficiently self-aware to stop or modify my participation in any activity before I become injured or aggravate a pre-existing injury.

4. In consideration of being permitted to participate in yoga, I agree to assume full responsibility for any risks, injuries or damages, known or unknown, which I might incur as a result of participating in yoga.

5. In further consideration of being permitted to participate in the yoga, I knowingly, voluntarily and expressly waive any "Claim" I may have against Hanover Township Senior Center & Teresa Speranza. I acknowledge that I have carefully read this agreement and fully understand its contents. I voluntarily and knowingly agree to the terms and conditions stated herein.

Seated Prayer Pose (Sthitprathnasana)

Sit with feet together or hip width apart, hand to heart center in prayer pose. Breath in and out, close eyes and hold for 2-3 minutes.



Bring hands to thighs and tuck chin to chest, hold for 5 breaths.



Neck Stretch

Seated, turn head to the right side. Hold 5 breaths.



Repeat to the left side. Hold 5 breaths.



Neck Stretch

Seated, press ear gently towards right shoulder. Hold 5 breaths.



Seated, press ear toward left shoulder, hold for 5 breaths.



Shoulder Shrugs & Wrist Flexion/Extension

Shrug shoulders with inhalation up & down with exhalation. 5 rounds.

Elbows bent, thumbs toward palms, wrap remaining fingers over thumbs. Rock wrist up & down.



Wrist Stretch

Left arm extended forward, reach right hand to left fingers. Bend right elbow and bring hands toward left shoulder. Repeat 5 times.



Right arm extended forward, reach left hand to right fingers. Bend left elbow and bring hands toward right shoulder. Repeat 5 times.



Arm & Shoulder Stretch

Interlace hands and press palms forward



**Raise arms to the ceiling,
Repeat 5 times.**



Arm & Shoulder Stretch

Hands interlaced, arms overhead, bring right elbow toward the ceiling and left elbow out to the side shoulder level.



Hands interlaced, arms overhead, bring left elbow toward the ceiling and right elbow out to the side shoulder level.



Seated Forward Bend (Hastapadasana Forward bend)

Sit feet hip width apart. Inhale and raise arms toward the ceiling.



Exhale fold forward reaching hands to thighs, shins or floor. Hold for 5 breaths.



Intense Side Stretch (Parsvottanasana)

Left leg extended forward, right leg bent at the knee and over the ankle. Hinge forward from hips as you exhale forward. Reach for thigh, shin or foot. Hold for 5 breaths.



Right leg extended forward, left leg bent at the knee and over the ankle. Hinge from hips as you exhale forward. Reach for thigh, shin or foot. Hold for 5 breaths.



Seated Spinal Twist

Sit with right leg extended, left knee bent, right palm behind body, left hand crosses over right leg. Inhale and as you exhale twist to the right. Hold for 5 breaths.



Sit with left leg extended, Press right foot to floor, right knee bent, left palm behind body, right hand crosses over left leg. Inhale and as you exhale twist to the left. Hold for 5 breaths.



Seated Figure Four

Cross left leg over right thigh, rest arms on bent leg, lean forward. Hold 5 breaths.



Cross right leg over left thigh, rest arms on bent leg, lean forward. Hold 5 breaths.



Rowing The Boat (Paschimottanasana)

Sit away from the back of the chair with legs extended forward. Extend arms forward & Lean back. Hold 5 breaths.



Come back to seated position, as you exhale lean forward rest hands to shins, look forward.



Seated Side Bend

Extend right leg while keeping left leg bent. Left arm rests on left thigh. Inhale while raising right arm up and over head hold for 5 breaths.



Extend left leg while keeping right leg bent. Right arm rests on right thigh. Inhale while raising left arm up and over head hold for 5 breaths.

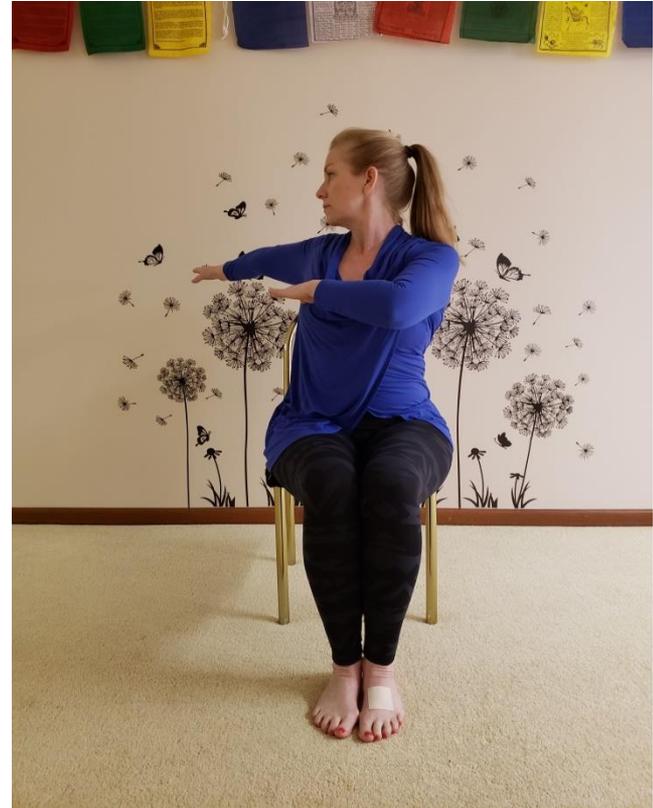


Seated Spinal Twist

Sit with feet apart or together. Raise arms shoulder level. Inhale and bring arms to the right as you exhale. Hold 5 Breaths



Sit with feet apart or together. Raise arms shoulder level. Inhale and bring arms to the left as you exhale. Hold 5 Breaths



Standing Spine Stretch

Stand with hands supported at the back of a chair.



Step back as far as your arms will take you. Keep head elevated and ears in alignment with the arms. Gently push thighs back. Hold 5 breaths.



Standing Downward Dog And Plank Pose

Hands to the seat of the chair, walk legs back as far as you can. Push palms and feet to the floor. Hold 5 breaths.

Bring legs back a bit further and lift heels from the floor. Secure your hands to the seat of the chair. Shift your body weight forward, stack shoulders over the wrists. Pull navel in, squeeze ribs together. Hold for 5 breaths.



Tree Pose (Vrksasana)

Standing feet hip width apart, arms bedside you. Bring your left ankle to your right shin bone. Inhale and bring left arm toward the ceiling. Thumb and pointer touch gently. Hold for 5 breaths.

Standing feet hip width apart, arms bedside you. Bring your right ankle to your left shin bone. Inhale and bring the right arm toward the ceiling. Thumb and pointer touch gently. Hold for 5 breaths.



Wide leg Forward Bend

Bring legs out to a wide stance, press palms to thighs, point toes outward. Inhale...



Exhale and bring hands to the floor or shins. Hold 5 breaths.



Seated Spinal Twist

Wide leg stance, place forearm on left thigh or hand to the floor. Inhale and exhale bringing right arm to ceiling. Hold 5 breaths



Wide leg stance, place right forearm on right thigh or palm on floor. Inhale and exhale bringing left arm to ceiling. Hold 5 breaths



Wind Pose (Pawamuktasana)

Bring left knee to the chest, hands behind the thighs or over the knees. Hold 5 breaths.



Bring right knee to the chest, hands behind the thighs or over the knees. Hold 5 breaths.



Corpse Pose (Savasana)

Sit comfortably, hands supported on legs, close eyes. Bring your awareness to your breath, hold 5-10 minutes.

