

Chair Yoga

These cards are simple yoga stretches that you can do at home.

All you need is a chair.

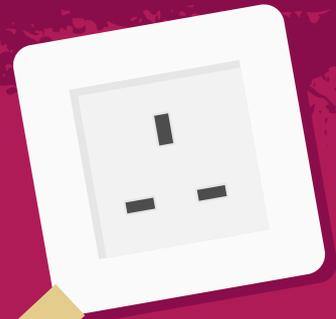
You can also do these exercises while you are standing.

We recommend that you repeat all of these at least 3 times when you do them.



GIG BUDDIES

Unplugged



Easy

These are designed for a new starter to Yoga

Hard

These are designed to try once you are comfortable with the 'Easy' cards





Starting & Ending Your Yoga Practice

Take a few minutes to relax before starting:

- Sit up straight in your chair with your eyes closed.
- Rest your hands in your lap and take some deep breaths.

Tips:

- Concentrate on your breathing by counting your breaths.
- Notice how your body feels, thinking about your: **Head, Shoulders, Arms, Hands, Chest, Back, Stomach, Hips, Legs and Feet.**

Easy



Mountain Pose & Crescent Moon Stretch

Easy

1. Sit with your back straight.
2. Put your hands together, palms touching. Lift both arms toward the ceiling, stretching as you take a deep breath.
3. Keep your shoulders relaxed and keep taking long breaths.
4. Hold this and count to 5 or until you are ready to stop.
5. Lean and stretch to the left side and count to 5, return to centre.
6. Then lean and stretch to the right side and count to 5, return to centre.
7. Repeat.



Spinal Twist

1. Sit up with a straight back and your feet flat on the floor.
2. Twist your upper body towards the left, and hold onto the back of the chair with both hands.
3. Hold this and count to 5 or until you are ready to stop.
4. Move your upper body to the right side of the chair and do the same twist to the right side.
5. Repeat.



Easy

Knee Hugs

1. Sit up with a straight back and your feet flat on the floor.
2. Take a deep breath in, as you breath out bring in your right leg towards your stomach and give it a hug.
3. Hold and count to 5 or until you are ready to stop, then put your foot back down.
4. Repeat on the other leg.



Easy

Pigeon Pose

1. Sit with your left foot flat on the floor.
2. Bring your right ankle up to rest on your left thigh.
3. Hold this and count to 5 or until you are ready to stop. Then put your foot back down.
4. Now do the same with the left leg.
5. Repeat.

How to change it

If you want to work a little harder you can lean forward over your leg. Keep your back straight.

If you are unable to lift your foot this high you can cross it over your ankle.

Easy



Forward Fold

1. Sit with a straight back and place your hands on your thighs.
2. Take a deep breath in and as you breathe out slide your hands down your legs as far as is comfortable for you.
3. Relax your head down into your knees.
4. Stay here and count to 5 or until you feel you need to stop.
5. Slide your hands back up your legs to sit up straight.
6. Repeat.

Tips:

You don't need to take your hands all the way to the floor, you can leave them on your lower legs.

Easy



Bridge

1. Sit up with a straight back and your feet flat on the floor.
2. Hold the sides of the chair behind you and do not let go.
3. Take a deep breath in, lift your body upwards taking your bottom off the chair.
4. Push your toes into the floor, lift your chest as high as you can and tilt your head back.
5. Hold and count to 5 or until you need to stop.
6. Repeat.



Downward Dog

1. Stand behind the chair, put your hands on the back of the chair and keep holding it.
2. Walk your feet back as far as you can, until your back is as straight as possible.
3. Your feet should be flat on the floor and you should be looking straight down at the floor. Don't tuck your chin in.
4. Stay here and count to 5 or until you need to stop.
5. Repeat.



Tree Pose

1. Stand up and place your right hand on the back of the chair. This is for balance.
2. Turn your left leg out to the side and press your foot against your right ankle.
3. Raise your left arm up in the air and stretch.
4. Hold for a count of 5 or until you are ready to stop.
5. Repeat on the other side.

Tips:

You can do this sitting in a chair.

To make this harder you can:

- Place your foot higher on your calf or knee.
- For a challenge - Let go of the chair. To keep balanced look at something in the room and focus on it.



Warrior Pose

1. Sit with your right leg bent over the side of the chair. Put the left leg behind you. Stay in a straight line.
2. Keep your left knee slightly bent and put your weight into your feet.
3. Keep your body facing forwards over your right leg as you take a deep breath in and raise your arms up to the ceiling.
4. Hold this and count to 5 or until you are ready to stop.
5. Then swap your legs and put your left leg forwards.
6. Repeat.

Tips:

- You can try this pose standing and hold a hand on the chair for balance.

