



The next time you want to stretch, meditate, or re-focus, try this chair yoga flow.

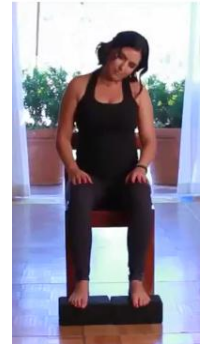
## 1. Center

- Sit up tall in your chair.
- Place your hands on your knees with your palms facing up.



## 2. Head Roll

- Slowly roll your head to your left side then around to your right side, making half circles. Repeat to the right.
- Repeat 4 times. Breathe in for 4 seconds as you roll your head to the right. Then breathe out for 4 seconds as you roll your head to the left.



## 3. Body Roll

- Place your hands on your knees. Lean to your left side. Then move your upper body in a half circle to your right side. Repeat on the other side.
- Repeat 4 times as you breathe in for 4 seconds and out for 4 seconds.



## 4. Cat Cow

- Breathe in for 5 seconds as you open your chest and look up.
- Breathe out for 5 seconds as you round your back and shoulders in towards your belly and look down.
- Repeat 5 times.



## 5. Leg Cross

- Cross your right leg over your left leg.
- Place your left hand on your right knee. Hold your chair with your right hand.
- Breathe in for 4 seconds as you push your left shoulder forward and right shoulder back.
- Hold this position as you breathe in for 4 seconds then out for 4 seconds.
- Uncross your legs and repeat on the other side.



## 6. Back Bend

- Raise your arms over your head.
- Squeeze your stomach and lean back. Lift your feet off the floor so your legs are straight.
- Hold as you breathe in for 4 seconds and out for 4 seconds.
- Slowly come back to sitting.



## 7. Rag Doll

- As you breathe in, open your legs wider than your hips.
- As you breathe out, lower your chest toward the floor.
- Grab your ankles or place your hands in front of you. Let your head hang between your legs.
- Breathe in for 4 seconds and out for 4 seconds.



## 8. Sun Flow Part I

- Sit up tall in your chair. Open your legs wider than your hips.
- Straighten your left leg out to the left. Your left foot should be flat on the floor with your toes pointing forward.
- Breathe in as you bring your palms together at your chest.



## 9. Sun Flow Part II

- Straighten your arms out to your sides, palms facing down.
- Make sure your left elbow is over your left knee.
- Breathe in for 4 seconds and out for 4 seconds.



## 10. Sun Flow Part III

- As you breathe out, bring your right hand in front of your right ankle.
- As you breathe in, reach your left arm up towards the sky with your palm facing forward.
- Look up at your left hand.
- Slowly come back to sitting. Repeat steps 8 - 10 on your other side.



## 11. Side Stretch

- As you breathe in, reach your right hand toward the ceiling with your palm facing left.
- As you breathe out, reach your right hand up and over to your left side.
- Breathe in for 4 seconds. You will feel a slight stretch down your right side.
- Breathe out and lower your right hand.
- Repeat on your other side.



## 12. Figure 4 Stretch

- Sit up tall. Breathe in as you place your right ankle over your left knee.
- As you breathe out, bring your chest to your leg.
- Hold for 4 seconds. You will feel a stretch in your right butt cheek.
- Repeat on the other side.



## 13. Back to center

- Place your palms on your thighs.
- Close your eyes.
- Breathe in for 4 seconds and out for 4 seconds.
- Slowly roll your head to your left side then around to your right side. Then roll your head back to your left side.
- Repeat 4 times as you breathe in and out for 4 seconds.
- Slowly open your eyes.



**Great job! You just did a chair yoga flow!**

**For questions about wellness, contact (212) 432-8494 or [wellness@chnnyc.org](mailto:wellness@chnnyc.org)**

\*yoga flow adapted from The Chopra Center