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. **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.

5. **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.

6. **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.
7. **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**

*yoga flow adapted from The Chopra Center*