



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

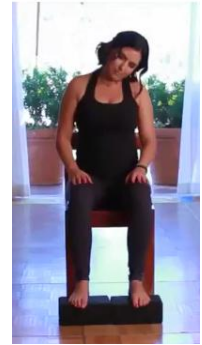
1. Center

- 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