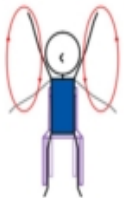





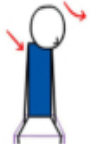
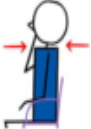



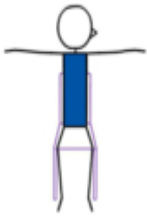



17 New Chair Yoga Exercises





Lesson Plan Description:



I have just added these 17 chair yoga poses to the Yoga Lesson Planner at <http://georgewatts.org/yoga-lesson-plans>. That means there are now 72 chair poses to choose from. And more are added every week.

Time	Image	Pose	Description
		Chair Arm Circles	Sit on chair. Circle arms clockwise. Circle arms anti-clockwise. Benefits: Shoulder stretch Video: https://www.youtube.com/embed/P4S15IuoZG0
		Chair Calf Raise	Stand on left leg. Wrap toe of right leg around back of left ankle. Use chair for support. Raise up onto ball of left foot while breathing out. Pause. Lower to start. Repeat. Switch legs. Benefits: Helps back and buttocks. Strengthen calf muscles. Improve posture. Video: https://www.youtube.com/embed/gwLzBJYoWII
		Chair Clam	Sit on chair. Feet flat on floor. Hands on thighs. Open knees out wide, like opening a clam. Hold. Release to start position. Repeat (use elastic band to deepen the stretch). Benefits: Hip opener. Abduction exercise. Video: https://www.youtube.com/embed/kFMa6YNmyz8

Time	Image	Pose	Description
		Chair Desk Posture	<p>Sit up with back straight and shoulders back. Buttocks touch back of chair. All three normal back curves should be present while sitting. A rolled-up towel can be used to help maintain the normal back curves. Keep arms bent at right angles at the elbow when using keyboard. Keep spine supported by keeping back against back of chair (If sitting on a sofa, use cushions to support back and laptop cushion so it doesn't slide around) Sit upright with elbows under shoulders. Avoid leaning forward.</p> <p>Benefits: Good posture. Reduce back pain.</p> <p>Video: https://www.youtube.com/embed/KQxFc-XVqFw</p>
		Chair Levator Scapulae	<p>Sit on chair with arms straight and feet wide apart. Grip underside of chair. Allow head to drop down as far it can without bending upper back. Slowly turn head towards left shoulder. Hold for 5 seconds until you feel stretch in the muscles to the right of your neck. Return to start. Swap sides.</p> <p>Benefits: Stretches levator scapulae which is shortened by bad posture.</p> <p>Video: https://www.youtube.com/embed/Y5SAKcsUGXE</p>
		Chair Neck Extension	<p>Sit on chair. Rest arms on thighs. Drop shoulders. Elongate neck. Apply gentle pressure with hand and tuck chin in. Keeping chin tucked in, extend neck by bending it backward. Hold for 2 seconds.</p> <p>Benefits: Mobilising neck exercise.</p> <p>Video: https://www.youtube.com/embed/IcEn_xcpGf0</p>
		Chair Neck Retraction	<p>Fix eyes straight ahead. Slowly retract head back (can apply pressure with hand to chin). Release. Repeat.</p> <p>Video: https://www.youtube.com/embed/Vg4iSulJStI</p>

Time	Image	Pose	Description
		Chair Neck Stretch	<p>Sit on front of chair. Ground feet into floor. Engage core. Open arms to T position. Look over right shoulder, then left shoulder. Lower arms. Repeat.</p> <p>Benefits: Stretches chest and shoulders.</p>
		Chair Neural Glide	<p>Sit on chair with back straight. arms tucked behind back and hands resting on chair. Slump forwards and down so spine is rounded and neck is flexed. Straighten left leg and lift head. Hold for 5 seconds. Repeat with right leg.</p> <p>Benefits: Eases neural tension in spine and legs.</p> <p>Video: https://www.youtube.com/embed/auX1CkFd8OI</p>
		Chair Pelvic Elevator	<p>Sit on front of chair. Feet firmly grounded. Imagine that your pelvic floor is a lift in a building. During this exercise you'll be taking your pelvic floor lift up to different floors. Breathe in full into back and sides. Lengthen up through spine. On exhale, draw muscles of pelvic floor as if preventing flow of urine and take pelvic lift up to first floor of the building. Breathe in, release lift back to ground floor. Breathe out, take lift up to second floor (lower abs will engage). Breathe in, release. Breathe out, take lift to third floor. Breathe in, relax.</p> <p>Benefits: Teaches control of transversus abdominus.</p> <p>Video: https://www.youtube.com/embed/2bZXYSh8eAc</p>
		Chair Press Up	<p>Sit on chair. Grip outside edges of chair with hands, placing them in line with shoulders. Push down with hands. Relax back. Elongate back. Pause. Lower to start. Repeat.</p> <p>Benefits: Elongate spine. Good for desk workers.</p> <p>Video: https://www.youtube.com/embed/E9YY_x46yig</p>

Time	Image	Pose	Description
		Chair Single Arm Lift	Raise left arm as far as it will go. Return. Repeat with right arm. Benefits: Strengthens arms.
		Chair Sitting Posture	Sit up with back straight and shoulders back. Buttocks touch back of chair. All three normal back curves should be present while sitting. A rolled-up towel can be used to help maintain the normal back curves. Sit at the end of chair and slouch. Draw yourself up and accentuate the curve of your back. Hold for a few seconds. Release the position slightly (about 10 degrees). This is a good sitting posture. Distribute body weight evenly on both hips. Bend knees at a right angle. Keep knees even with or slightly higher than your hips. (use a stool if necessary). Don't cross your legs. Keep feet flat on floor. Avoid sitting in the same position for more than 15 minutes. Rest elbows and arms on chair or desk, keeping shoulders relaxed. When standing, move to front of seat. Use hands to hold onto arm rests and raise up. Place hands on thighs and keep back straight. Stretch back by doing a few standing backbends. Benefits: Good posture. Reduce back pain. Video: https://www.youtube.com/embed/k1luKAS_Xcg
		Chair Slump Test	Sit up straight with hands clasped behind back. Slump forwards and let head drop towards chest. Straighten right leg and flex foot. If you feel pain, raise your head. If this lessons leg pain and your leg straightens further, you may be a neural element to your condition. Benefits: Used by doctors to test for spine disease. Video: https://www.youtube.com/embed/kzlgdJr5kqo
		Chair Twist	Sit on chair. Feet flat on floor. Hold edge of chair with left hand and place right hand on left shoulder. Twist to left pulling left shoulder back and pushing against chair with left hand. Hold. Repeat. Swap sides. Benefits: Loosen muscles around spine. Improves upper back mobility. Video: https://www.youtube.com/embed/zYjuoSMlcZM

Time	Image	Pose	Description
		Chair Wide Leg FB	<p>Sit on chair. Legs wide apart. Slowly bend forward with crown of head facing the earth. Place palms to floor. Hold. Release.</p> <p>Sanskrit: Prasarita Padottanasana</p> <p>Benefits: Hip Opener. Stretches back side of body. Low back stretch.</p> <p>Video: https://www.youtube.com/embed/CsjFJ5KX-M8</p>
		Chair Wide Leg FB Twist	<p>Sit on chair. Hold onto back of chair with left hand. Raise right arm and twist to the left. Reach torso as low as you can towards thighs. Hold. Release. Repeat on other side.</p> <p>Sanskrit: Prasarita Padottanasana</p>