Chair Yoga Poses

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**Down Dog**
- Stand facing chair
- Inhale and lift arms overhead
- Exhale and place hands on the chair's seat (bend knees if needed)
- Slowly walk feet out to comfortable position and lift hips toward the ceiling
- Hold for 3 to 5 breaths

**Tree Pose**
- Stand next to the back of the chair with the right side of the body (be sure you can hold on to the top of the chair)
- Place right hand on chair
- Place the left foot below the knee either on the ankle or along the calf
- Bring hand left hand to hip
- Hold for 3 to 5 breaths
- Switch sides

**Figure 4**
- Sit tall with both feet flat on the floor
- Inhale and lift right leg up and place right ankle on left knee
- Exhale and place hands on leg
- Hold for 3 to 5 breaths
- Switch sides

**Seated Chair Twist**
- Inhale and sit tall
- Exhale and turn to the right placing left hand on the outside of the right knee
- Inhale to lengthen and exhale to deepen twist
- Close eyes if comfortable
- Hold for 3 to 5 breaths
- Switch sides

**Mountain Pose**
- Stand tall next to chair with feet hip width apart
- Press your weight evenly across the ball and arches of your feet
- Bring your pelvis to a neutral position
- Keep your arms straight by your side with palms facing forward
- Hold pose for 3 to 5 breaths

**5 Pointed Star**
- Stand with legs spread wide, feet planted into the ground and toes turned slightly out
- Lengthen the spine and extend through the crown of your head to allow for your chest to open. Lift both arms to shoulder level
- Inhale, lengthen your spine
- Exhale, relax your shoulders down away from your head
- Hold pose for 3 to 5 breaths

**Reminders:**
- Listen to your body. These movements should make you feel refreshed and energized. If any movement is causing pain or unusual discomfort, trust your body's signal and stop.
- 20/20/20—Every 20 minutes, get up, look 20 feet away, and do 20 seconds of movement.
- We understand many workstations have chairs with wheels. Please use caution if using a wheeled chair.

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Chair Sun Salutation

1. Sun breath (inhale up, exhale down—place hands on thighs and hinge forward)
2. Inhale, lifting chest and arching the back; exhale and round the spine, head down
3. Inhale, sitting tall; exhale and bring right knee to chest.
4. Inhale, sitting tall and placing right foot down; exhale and bring left knee to chest.
5. Inhale, sit tall and place left foot down; exhale and do hamstring stretch for right leg.
6. Inhale, sit tall; exhale and do hamstring stretch for left leg.
7. Inhale, arms up; exhale and twist to right.
8. Inhale, arms up; exhale and twist to left.
9. Sitting tall, slowly inhale and exhale.