



Yoga in a chair

- You do not need special equipment or lots of space
- Try this sequence in a chair or on the edge of your bed

1



Sit upright

- Can you feel your sit-bones on your seat?
- Can you feel your feet on the floor?
- Breathe in and out steadily

2



Round back

- Tuck your tailbone and drop your chin

3



Arch back

- Roll weight towards front of sit-bones
- Lift heart and look up
- Repeat this and the previous step (Round Back) 5 times

4



Side bend (a)

- Place left hand on back of head

5



Side bend (b)

- Lift left elbow to stretch out that side

6



Side bend (c)

- Place right hand on back of head

Cautions

- Move within your pain-free range. If something hurts, stop and breathe
- Use the muscles around your waist when twisting rather than levering with your arms
- If you have osteoporosis, do smaller movements, not the maximum range
- Spine or disc problems, or hernia check with healthcare before you try this **(Please turn over)**



Tips

- Put books or pillow under feet if they do not easily rest on the floor
- Move with awareness. Each time you change position, can you notice what you feel in your body?
- If you like, try moving in time with your breath



Side bend (d)

- Lift right elbow to stretch out other side
- Repeat both side stretches 5 times



Twist (a)

- Turn upper body to left, placing right hand on left leg



Twist (b)

- Turn upper body to right, placing left hand on right knee
- Repeat the twist on both sides 5 times



Sit upright

- Notice what you feel in your body
- Stay for 5 or more slow, steady breaths

“Hope is the companion of power, and mother of success; for who so hopes strongly has within him the gift of miracles.”

Samuel Smiles,
19th century author and
government reformer

For help with your
meditation and yoga,
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