

Chair Yoga for Zoomers

Denise Hess, 200-RYT



1. Chair Mountain Pose • Chair Tadasana



2. Alternate Nostril Breathing Chair • Nadi Shodhana Chair



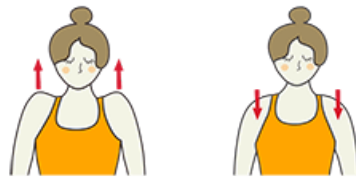
3. Chair Neck Rolls A



4. Chair Neck Rolls B



5. Chair Neck Stretch



6. Shoulders Lift And Drop Close Up



7. Overhead Shoulder Stretch Pose Close Up



8. Wrist Extension Stretch Fingers Up Close Up



9. Wrist Extension Stretch
Fingers Down Close Up



10. Boat Pose Variation On
Chair • Navasana Variation On
Chair



11. Chair Cat Cow Pose • Chair
Marjaryasana Bitilasana



12. Seated Hip Circles Chair •
Upavishta Hip Circles Chair



13. Chair Seated Side Stretch
Pose



14. Chair Seated Twists



15. Seated Forward Fold Pose
on Chair



16. Revolved Chair Pose On
Chair • Parivrtta Utkatasana Chair



17. Staff Pose Chair Feet Wall •
Dandasana Chair Pada Wall



18. Staff Pose Chair li •
Dandasana Chair li



19. Chair Pigeon Pose • Chair
Kapotasana



20. Eagle Pose Chair •
Garudasana Chair



21. Chair Mountain Pose • Chair
Tadasana