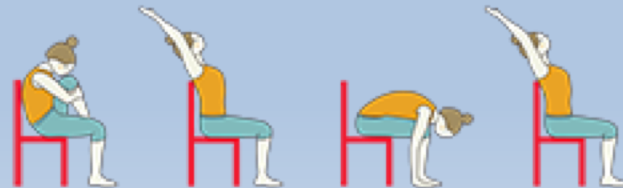
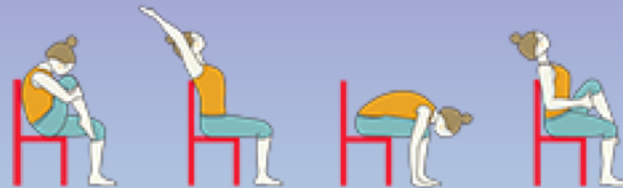
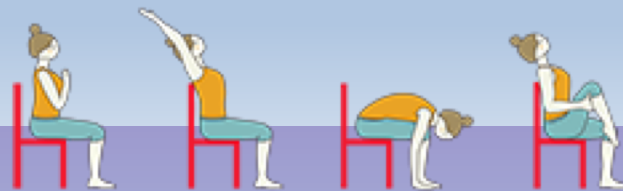


Chair Yoga and Relaxation

Helen Heckenberg Public School Community Hub



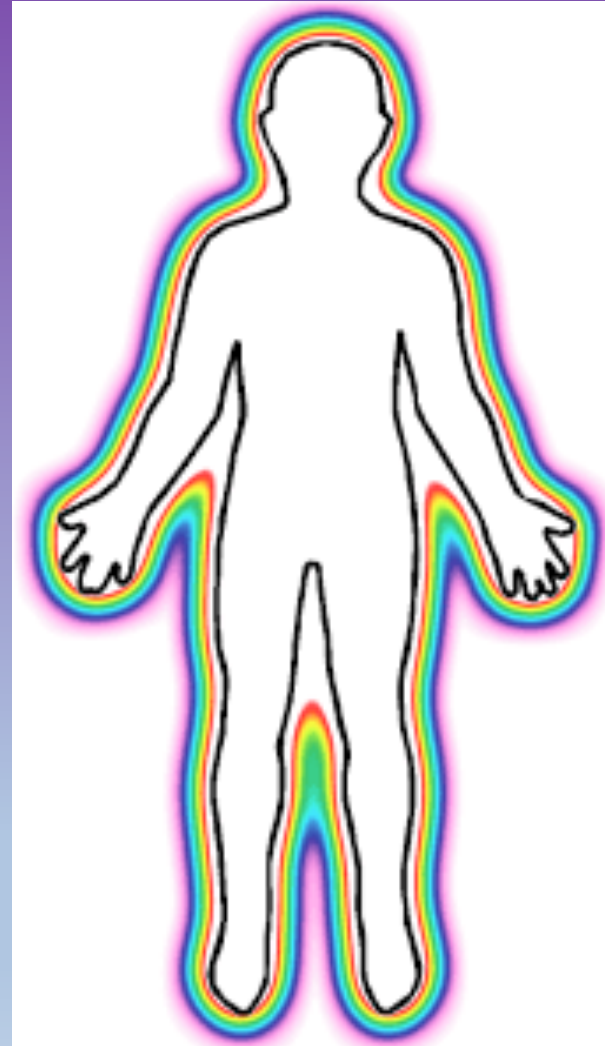
Chair Yoga and Relaxation



- Gently stretches the body
- Improves strength and flexibility
- Releases tension
- Relaxation
- Clarity of mind

Gentle Breathing and Body Scan

1. Lower gaze or close your eyes
2. Tune into your natural breathing
3. With each breath you are becoming more relaxed
4. Start at your feet, notice any tension then soften and relax
5. Continue until your whole body feels relaxed



Target area: Neck

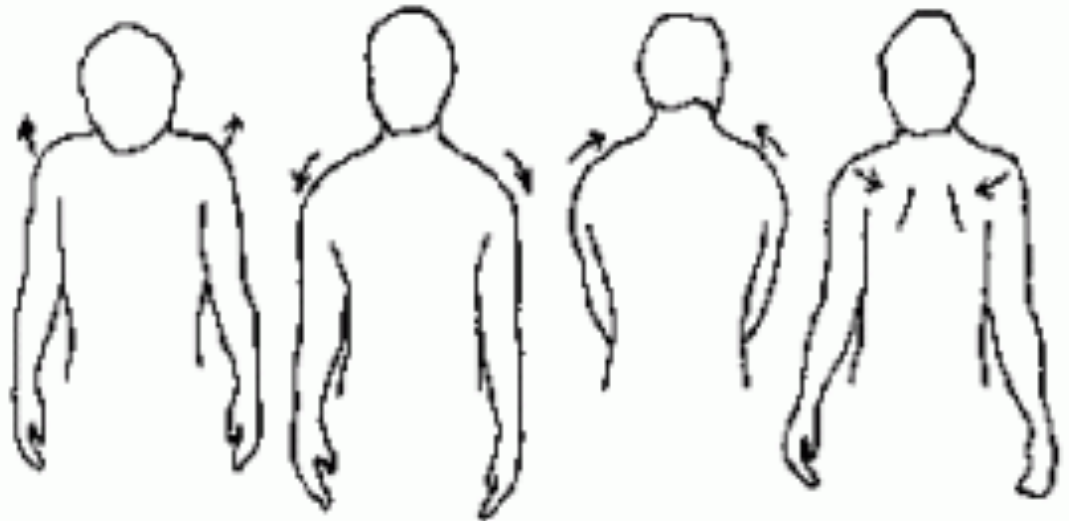
1. Head Up and Down
2. Head Turn Right and Left
3. Head Side to Side
4. Head Gentle Circles Right and Left

1. Range of Motion



Target area: Shoulders

1. Rotate Shoulders Right and Left
2. Rotate Forward then Backward
3. Roll Shoulders Together Backward
4. Roll Shoulder Together Forward
5. Shrug the Shoulders to Ears then Release



Target area: Hands and Fingers

1. Wrist Rolls



3. Clench and Open



2. Extend Wrists

Target area: Torso



1. Twists



2. Cross-Knee Hip Fold



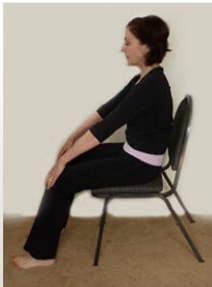
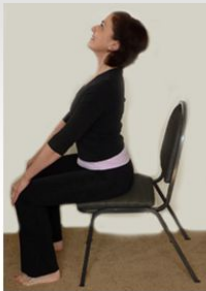
4. Forward Fold

Target area: Torso



Clasp Hands Overhead Side Torso Stretch

Seated Cat/Cow



- Place hands on your knees. As you inhale, lift your chest, and arch the back
- As you exhale, tuck your pelvis and pull your navel in toward the spine, round your spine back toward the back of the chair – keep your head in line with your spine – don't drop the head.
- As you move, inhale and exhale deeply and feel the broadness of the back of the body
- Repeat 3 more times

Target area: Feet



1. Foot Extension



2. Foot Flexion

3. Foot Rotations

Guided Meditation



Thank you!



Resources

Hirsh Office Yoga PowerPoint <http://austincc.edu/hirsh>

Yoga Journal Office Yoga <http://yogajournal.com/officeyoga>

Cardiac Yoga <http://cardiacyoga.com>

Living Words Chair Yoga <http://livingwordsofwisdom.com/chair-yoga.htm>

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