

Chair Yoga to reduce anxiety

• 20 mins • Anxiety



Short sequence to stretch and relax.



1. Chair Mountain Pose • Chair
Tadasana

Breath Awareness

2. Breath Awareness Section



3. Isometric Neck Exercises
Interlocked Hands Behind Head
Close Up



4. Isometric Neck Exercises Palms
Forehead Close Up



5. Isometric Neck Exercises Palms
Side Head Close Up



6. Isometric Neck Exercises Palms
Side Head Close Up



7. Chair Seated Side Stretch Pose



8. Chair Seated Side Stretch Pose



9. Seated Five Pointed Star Pose
(with or without strap)



10. Seated With Eagle Arms On
Chair



11. Seated Five Pointed Star Pose
(with or without strap)



12. Seated With Eagle Arms On
Chair



13. Seated Five Pointed Star Pose
(with or without strap)



14. Bound Hands Chair • Baddha
Hasta Chair



15. Seated Five Pointed Star Pose
(with or without strap)



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16. Seated Twist Arms Shoulder Level Pose Chair • Upavistha Parivrtta Hasta Kandra Level



17. Seated Five Pointed Star Pose (with or without strap)



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18. Seated Twist Arms Shoulder Level Pose Chair • Upavistha Parivrtta Hasta Kandra Level



19. Half Seated Forward Bend Pose Chair • Ardha Paschimottanasana Chair



20. Half Seated Forward Bend Pose Chair • Ardha Paschimottanasana Chair



21. Hands Up Chair



22. Seated Forward Fold Pose on Chair



23. Seated Relaxation



I started yoga when I was diagnosed with Relapsing-Remitting Multiple Sclerosis in 2000. Yoga has helped me in so many different ways that I decided to create Taming the Walrus to share my experience.