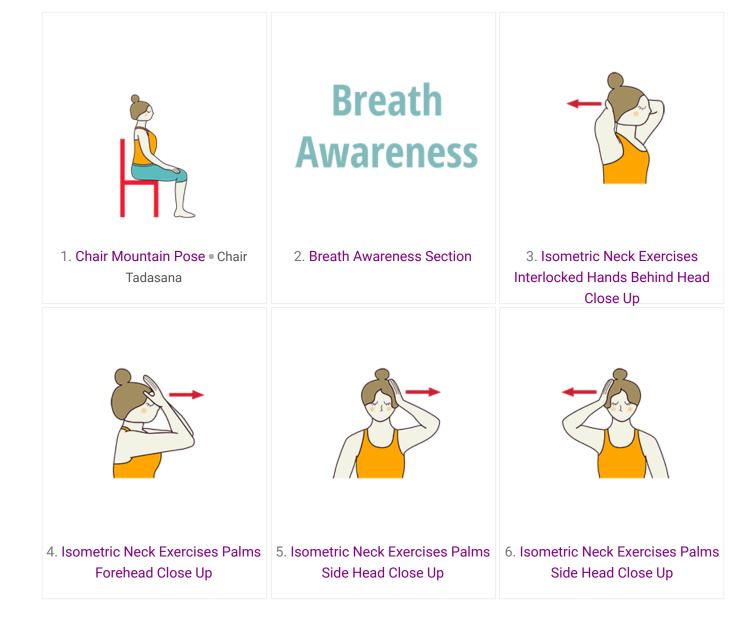
Chair Yoga to reduce anxiety



• 20 mins • Anxiety

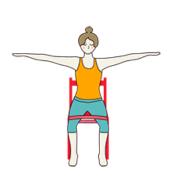
Short sequence to stretch and relax.





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)



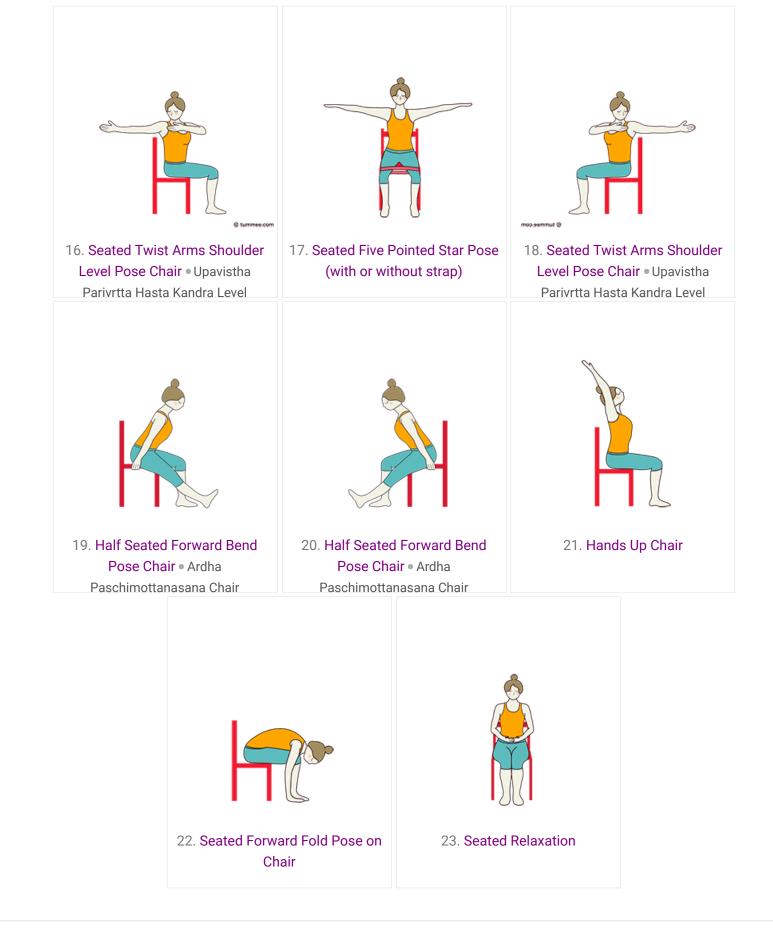
und Hands Chair • Ba

14. Bound Hands Chair

Baddha
Hasta Chair



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





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.