

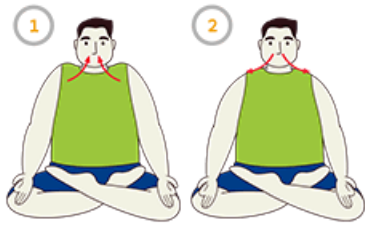
General Practice on a Chair



- 30 mins
- Beginners to intermediate
- Making movement more accessible
- Overall



Some ideas for accessible exercises/movements to do on a chair.



1. Bhastrika Pranayama • Bhastrika Pranayama

Bhastrika, or “bellows breath” is very energising. To practise:

1. Sit up tall on the floor or on a chair, relax your shoulders, and take a few deep, breaths in and out from your nose. With each inhale, expand your belly fully as you breathe.
2. Begin bellows breathing by exhaling forcefully through your nose. Follow by inhaling forcefully at the rate of one second per cycle.
3. Make sure the breath is coming from your diaphragm; keep your head, neck, shoulders, and chest still while your belly moves in and out.
4. To improve your cardio fitness, bring the arms overhead on the inhale and powerful bend the arms down on the exhale. You can do 3 rounds of 15 to 20 breaths. If at any stage you feel dizzy however, please take a break.



2. Kundalini Breath Of Fire Variation • Agni Prana Variation

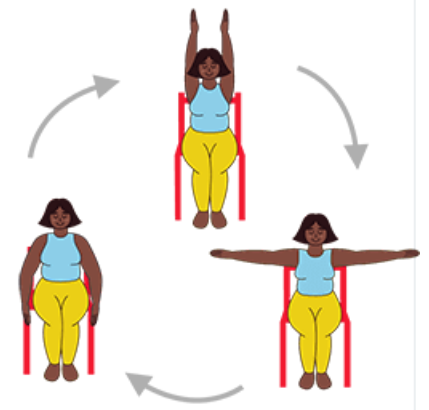
During Breath of Fire, you inhale passively and exhale forcefully through the nose.

The exhale, which requires you to contract your abdominal muscles, is the main focus of this technique.

To improve your cardio fitness, keep the arms overhead as illustrated.

1. Start in a seated cross-legged position. Sit up tall.
2. Raise your arms overhead or if it is uncomfortable, place one hand on your abdomen.
3. Inhale through your nose, feeling your belly expand as you do so.
4. Without pausing, exhale forcefully through your nose while contracting your abdominal muscles. Keep your inhales and exhales equal in length.
5. Continue the rhythm, inhaling passively and exhaling forcefully.

You can do 3 rounds of 15 to 20 breaths. If at any stage you feel dizzy however, please take a break.



3. Chair Mountain Pose Sweeping Arms Flow • Chair Tadasana Sweeping Arms Vinyasa

To make it more strengthening, use two small weights or small full water bottles.

1. Inhale, bring your arms up over head.
 2. Exhale, lower the arms down, back to sides of the chair.
- Repeat 5 times and increase the number of repetitions as you get stronger.



4. Chair Seated Shoulder Circles

The idea of this movement is to keep or improve the range of motion in the shoulders.

1. Place the finger tips on the shoulders close to the base of the neck, bending the elbows and extending the spine. Sit tall.
 2. Draw the elbows together in front of the chest, making circles with the arms, rotating them clockwise. Make 5 circles.
 3. Repeat anticlockwise.
- If taking the arms so high is difficult, just bend the hands at the elbows and rotate using your own body comfort.
Increase the number of repetitions as your range of motion improves.



5. Chair Torso Circles

1. In a seated pose on the chair, inhale and begin going clockwise in a gentle, light movement, small circles with the torso. Do 3 to 5 circles.
2. Repeat the other way around.



6. Easy Pose Chair One Leg

Raised • Sukhasana Chair Urdhva Eka Pada

1. Sit placing half of the thighs on the chair and don't rest the back on the chair. Sit up straight, relax and place the feet firm on the floor, resting the feet completely on the floor.
 2. Inhale and raise the right leg up, parallel to the floor. Bring the toes upright, and try to keep the legs straight.
 3. Stay here tightening the knees and the quads. Remain for about 6 breaths.
 4. Release, relax and repeat with the other leg. Stay for 6 breaths.
- You can also use a strap around the ball of the foot, holding it with both hands to lift the foot off the floor.
- Repeat once more on each side.
increase the number of repetitions as you get stronger.



**7. Seated Low Lunge Variation
Chair Arms Raised • Anjaneyasana
Variation Chair Uttana Hasta**

1. Sit tall on a chair, engage the core with your belly button pulled in and draw your shoulders back and down.
2. Inhale as you raise your arms and lift one knee and exhale as you lower the arms and lower the legs.
3. Repeat 6 times alternating between left and right legs. You can also do this exercise keeping the arms down if you prefer.



**8. Goddess Pose Chair Hands
Behind Head Side Bend • Parsva
Utkata Konasana Chair Hasta Sirsa**

1. Open your knees wide, feet firm on the floor. Bring your hands behind your head or rest your hands on your knees.
 2. Inhale and as you exhale, slowly lean to the side. Inhale come back to centre. Repeat on the other side. Imagine that your back is against a wall and sliding to the side.
- Repeat 3 times. increase the number of repetitions as you get stronger.



**9. Seated Forward Fold Pose on
Chair**

1. Inhale and as you exhale, fold forward, drawing the torso towards the thighs and the hands towards the floor.
2. Stay here for about 4 breaths or more feeling the stretch more now at the middle back and the neck. You might also place a cushion on your thighs and rest your torso on the cushion.



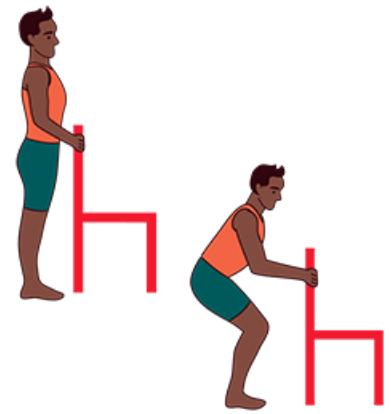
10. Chair Pose Hovering Above Chair • Utkatasana Hovering Above Chair

1. Sitting tall on the chair, inhale and raise the arms above your head and exhale.
 2. On the next inhale, come to stand on your feet in hovering above your chair. Exhale.
 2. Inhale and sit back in the chair, exhale out while seated.
- This is a strong pose. If you find it challenging to lift off the chair, keep your feet firm on the ground, hip width apart and instead of standing up, lean forward and press your feet into the ground. This is also a very strengthening pose.



11. Standing Wind Release Pose Chair • Tadasana Pavanmuktasana Chair

1. Standing beside a chair, holding onto the side of a chair for balance. Keep your left toes pointing ahead as you bring your right knee into your chest. Keep the hips even - imagine a string pulling the crown of your head to the ceiling, lengthening the spine. If you feel stable try lifting the hand off the chair slightly to play with finding balance.
 2. Stay for 3 breaths and then change side.
- You can progressively extend the time as your balance improves.



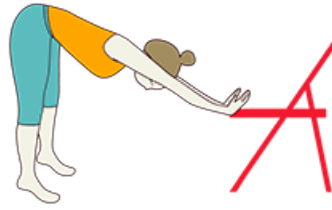
12. Mountain Pose Chair To Chair Pose Flow • Tadasana Chair To Utkatasana Vinyasa

1. Stand close to the back of the chair, firmly rooted and balanced between your feet (evenly placed about hips distance apart, weight even between heels and your toes).
 2. Inhale stand tall, and as you exhale sit back, weight bearing now primarily in your heels. Option to lift your toes to encourage this. On your last exhale, use the chair to bring yourself back to standing tall again.
- You can initially stay for 3 breaths and gradually extend the time.



13. Standing Lateral Side Bend Flexion Chair

1. Stand beside a chair (on the right of the chair) and place your left hand on back of chair.
2. Inhale and raise the right arm overhead. Exhale and lean towards the left. Gaze toward upper arm or keep head neutral - whichever feels best.
3. Inhale, lengthen spine. Exhale, deepen stretch to the side. Stay here for about 5 breaths
4. Repeat on opposite side.



14. Downward Facing Dog Pose Tiptoes Palms Chair • Adho Mukha Svanasana Pada Prapadaih Karatala Chair

1. Standing facing the seat of a chair, lean forward to place both hands on seat of chair.
2. Step backwards away from chair until the arms are fully extended. You can bend the legs as much as needed.
3. Bring your head between the arms and stretch through spine and back of legs.
4. Hold this pose for 5 breaths and then slowly come back up.



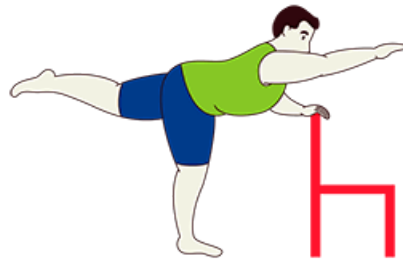
15. High Lunge Chair Variation • Ashta Chandrasana Chair Variation

1. Standing facing the seat of a chair, lean forward to bring both hands flat on the chair.
2. Step right foot back as you bend the front knee into a lunge. Back heel is off the floor. Hold for 5 breaths.
3. Step the right foot forward so both feet are together and then change side. Once you feel stronger, you can place the hands on the front knee instead or raise the arms over head.



16. **Warrior Pose Iii Chair Hands Blocks** • Virabhadrasana Iii Chair Hasta Blocks

1. Stand tall facing a chair,
2. Lean forward and bring both hands down on the chair. Straighten the arms. Press gently down into the chair to lift the chest.
3. Keeping left leg straight, slide right leg back and the leg straight. Be mindful of keeping the back leg extended and straight. Hold for 3 relaxed breaths. Lower the right leg and return to upright standing pose.
4. Repeat pose on other side. Make sure that you feel safe and that your chair won't move.



17. **Warrior Pose Iii Chair** • Virabhadrasana Iii Chair

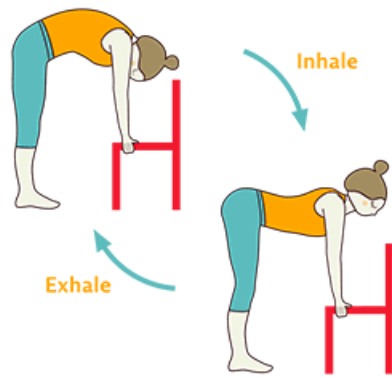
Once you can easily do the previous exercise, you can attempt this one.

1. Hold the back of the chair with the left hand and reach the right arm straight out in front of you as you lean the torso forward toward the chair and simultaneously reach the left leg out behind you pointing the foot with the toes facing down. Hold for 3 breaths.
2. Repeat on the other side.



18. **Plank Pose With Chair** • Phalakasana With Chair

1. Standing in front of the Chair, place the palms to rest on the chair.
2. Inhale and take the feet behind stretch the legs and balancing on the toes in this variation of the plank pose.
3. Press the toes firmly into the ground, using the core muscles to stay in balance. Stay for 3 breaths.
4. Step forward to come out of the pose. You can progressively extend the time you stay in the pose. The plank pose is a strong pose. You can also use a wall instead of a chair and stand facing the wall (hands at elbows level).



19. Standing Cat Cow Pose Hands

Chair • Sthita Bitilasana
Marjaryasana Hasta Chair

1. Facing the seat of the chair, lean forward and bring the hands to grasp the outside of the seat, shoulders stacking over wrists, hips over feet.
 2. Move your shoulders down your back, and draw your elbows in towards your body.
 3. Moving to a cat and cow pose. Keep a long spine, inhale, drop the belly, and arch the spine, looking forward. Exhale, curve the back, chin to chest. Inhale arch, exhaling to curve.
- Repeat 3 to 5 times and slowly come out of the pose.



20. Chair Seated Twists

1. Sitting tall on the chair, inhale and slowly turn towards the right twisting the torso from the hips and gaze behind you. Exhale completely.
2. Stay for 3 breaths.
3. Inhale come back to centre and change side.



I started yoga when I was diagnosed with Relapsing-Remitting MS in 2001. It was so helpful that I decided to train in yoga and yoga therapy. I'm also a certified Advanced Breathwork Practitioner.