

# 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.

3m

1. **Bhastrika Pranayama** • Bhastrika Pranayama

2. **Kundalini Breath Of Fire Variation** • Agni Prana Variation

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

4. **Chair Seated Shoulder Circles**

5. **Chair Torso Circles**

6. **Easy Pose Chair One Leg Raised** • Sukhasana Chair Urdhva Eka Pada

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

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

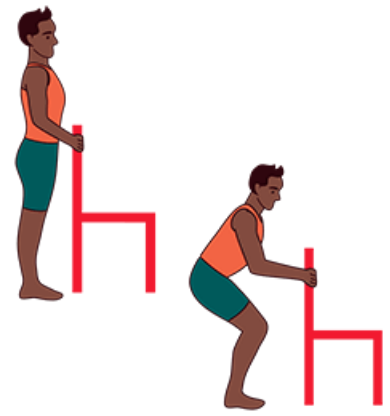
9. **Seated Forward Fold Pose on Chair**



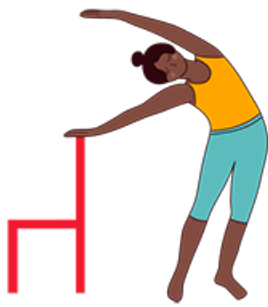
10. Chair Pose Hovering Above Chair • Utkatasana Hovering Above Chair



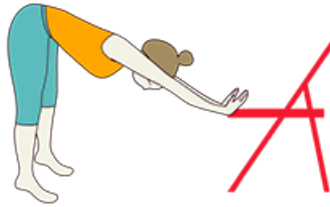
11. Standing Wind Release Pose Chair • Tadasana Pavanmuktasana Chair



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



13. Standing Lateral Side Bend Flexion Chair



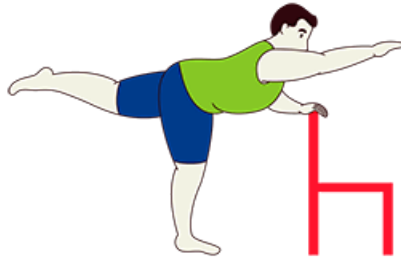
14. Downward Facing Dog Pose Tiptoes Palms Chair • Adho Mukha Svanasana Pada Prapadah Karatala Chair



15. High Lunge Chair Variation • Ashta Chandrasana Chair Variation



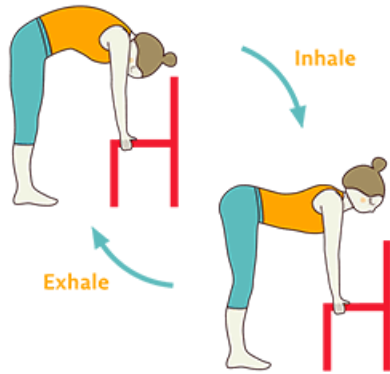
16. **Warrior Pose Iii Chair Hands Blocks** • Virabhadrasana Iii Chair Hasta Blocks



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



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



19. **Standing Cat Cow Pose Hands**  
**Chair** • Sthita Bitilasana  
Marjaryasana Hasta Chair



20. **Chair Seated Twists**



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.