

# CHAIR YOGA



U.S. Department of Veterans Affairs

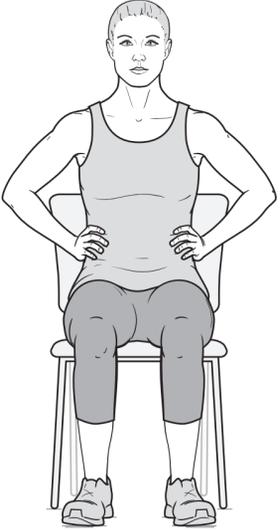


Yoga is for everyone. It can calm your mind and strengthen your body. These chair poses can be done at work or at home. Be cautious if you have arthritis in your spine or neck, or have a low-back injury.

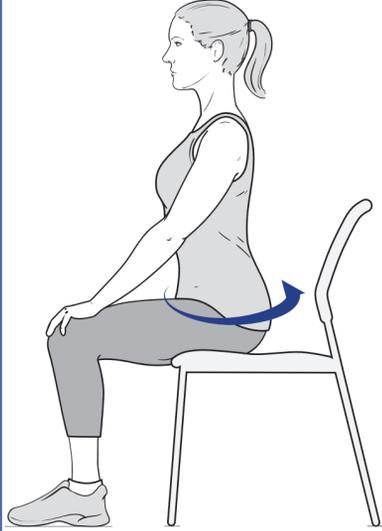
**Instructions:**

- Move slowly through each pose.
- Hold each pose for 3 to 5 slow breaths.
- If a pose is challenging, pause, and start again when your breathing returns to normal.

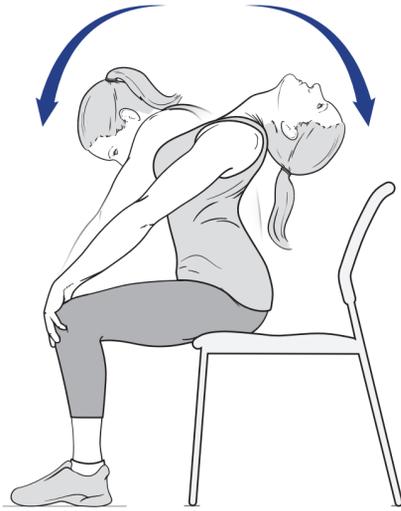
SEATED BREATHING



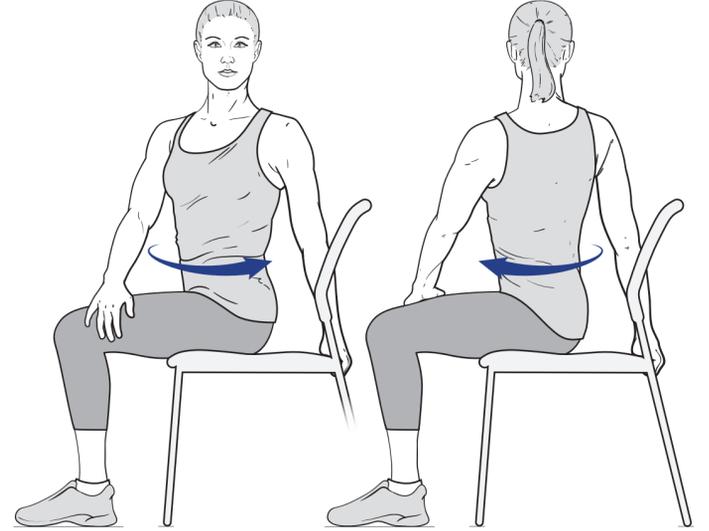
HIP CIRCLES



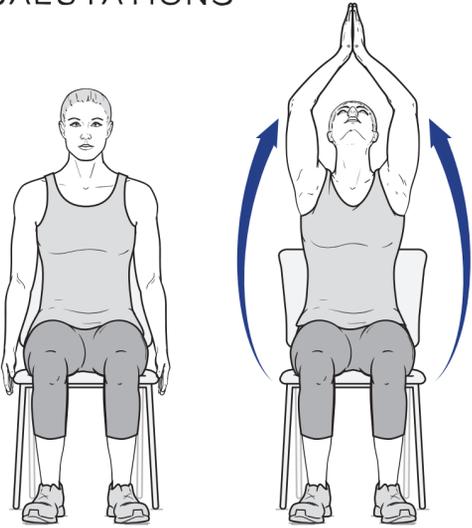
CAT POSE & COW POSE



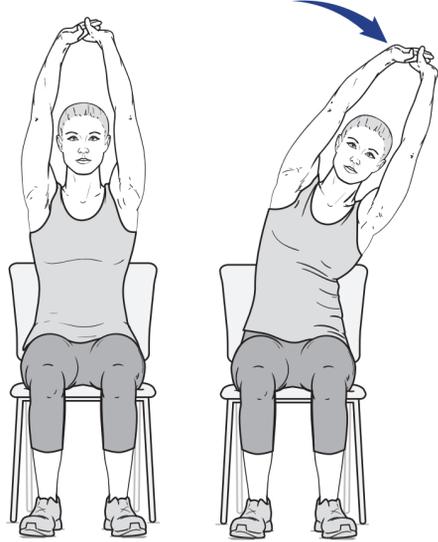
SIDE TWIST



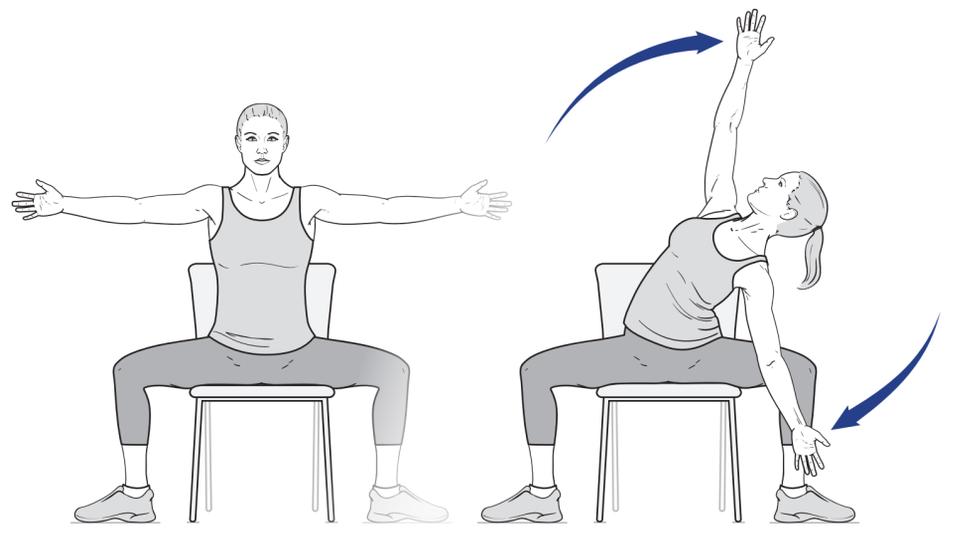
SEATED SUN SALUTATIONS



HIGH ALTAR SIDE LEANS



SEATED GODDESS WITH A TWIST



WARRIOR TWO

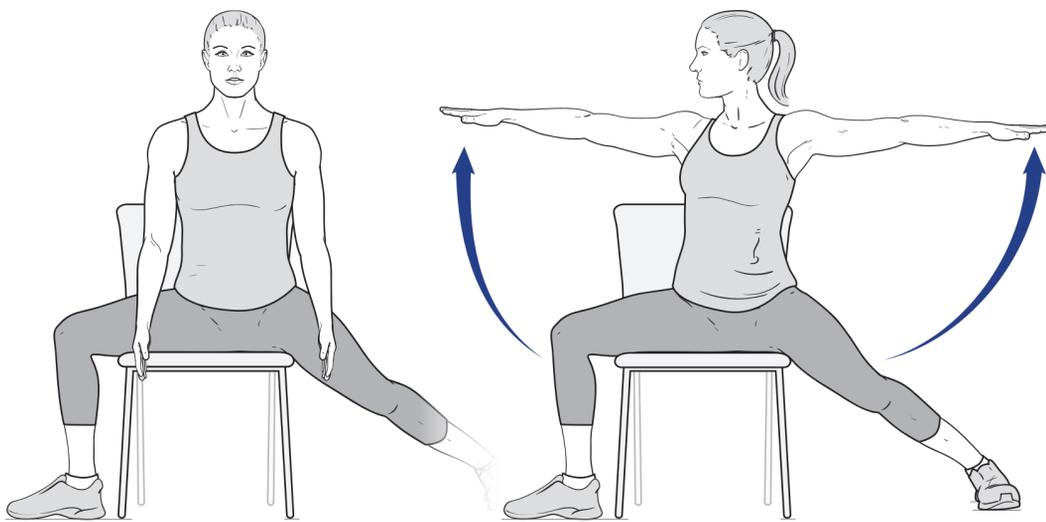
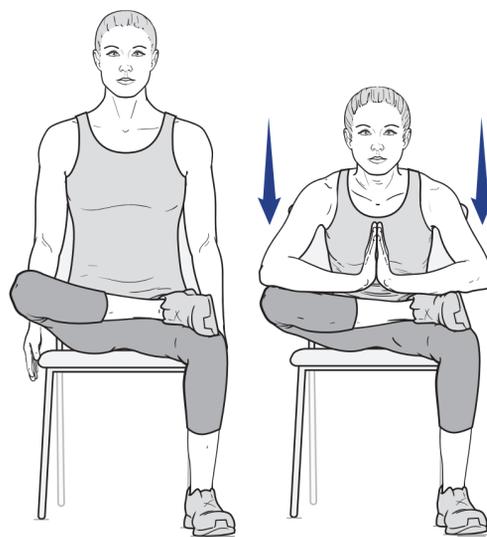


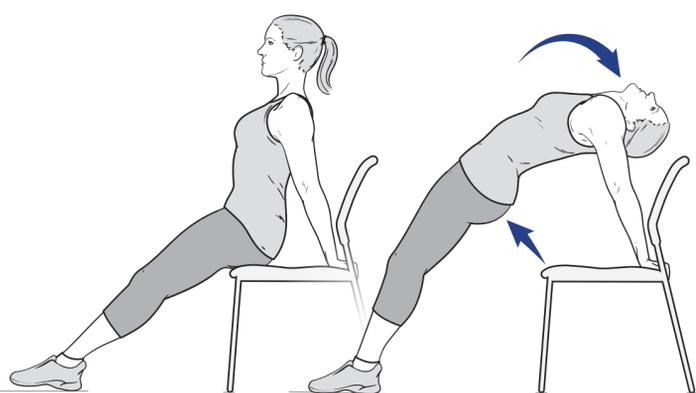
FIGURE FOUR



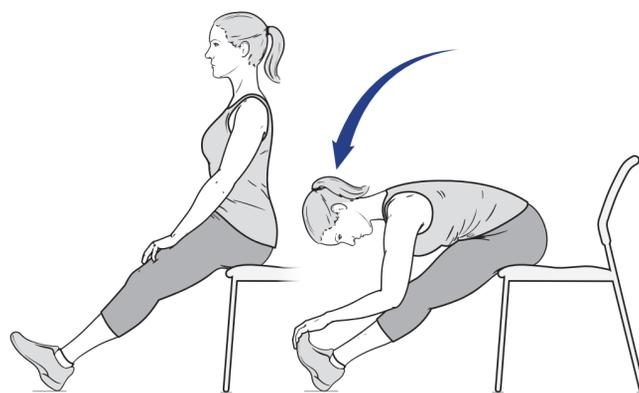
COW HANDS



UPWARD PLANK



FORWARD FOLD STRETCH



FORWARD FOLD

