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**