

# HOW TO SEQUENCE A CHAIR YOGA PRACTICE



## SET AN INTENTION

What are you trying to accomplish?  
Your intention can be:

STRUCTURAL	ENERGETIC	MENTAL-EMOTIONAL	ANY OTHER
Ex: To focus on a specific body area	Ex: To produce a specific energetic effect	Ex: To cultivate a certain attitude	Ex: explore some specific movement, theme, idea



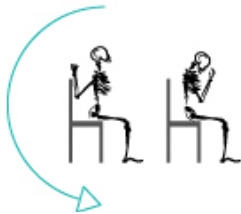
## BEGIN TO DEEPEN THE BREATH

Turn your attention inward. Begin to deepen the inhalation and lengthen the exhalation; observe how the breath moves the ribcage and spine.

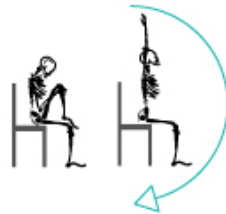


## BEGIN TO MOVE THE SPINE

Begin to ride the “wave of the breath” to simple forward-back spinal movements, like Cat-Cow.

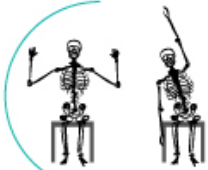


AND



## ADD ARM AND/OR LEG MOVEMENTS

Add peripheral movement to the movement of the spine to engage larger areas of the body and facilitate whole body integration.



## ADD OTHER MOVEMENTS OF THE SPINE

Expand to other movements of the spine (simple twists, side bends and extension postures). Move in and out of the pose; do not hold poses and do not use arm leverage.



## TRANSITION INTO STANDING

Do large, whole body movements, holding on to the chair if necessary.



## ADD BALANCE POSES

Try few balance postures using the chair for support.



## SIT BACK DOWN

Do stronger poses with longer holds. Be sure to compensate for more demanding postures.

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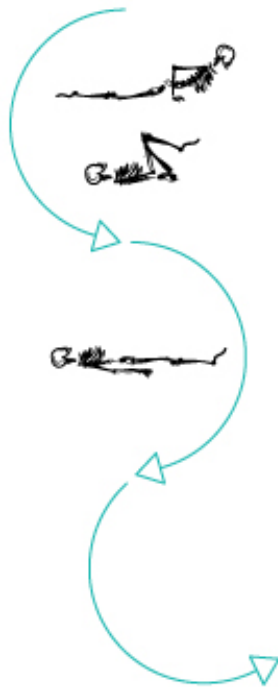
## IF TRANSITION TO THE GROUND IS POSSIBLE

### MOVE DOWN TO THE FLOOR

Try kneeling, prone and then supine poses.

### FLOOR SAVASANA

Rest in a comfortable position of your choice.



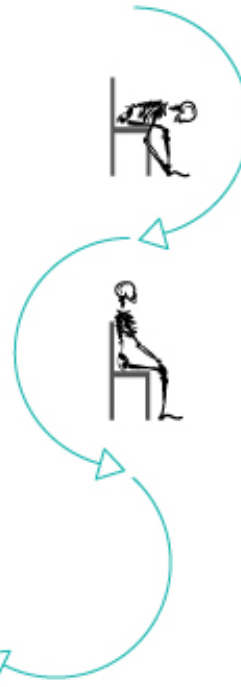
## IF TRANSITION TO THE GROUND IS NOT POSSIBLE

### STAY UP IN THE CHAIR

Compensate for stronger poses in a seated position.

### SEATED SAVASANA

Soften the body and breath.



PRANAYAMA/MEDITATION

At the end of the practice check in, notice how you feel.