

BASIC CHAIR YOGA POSES

FORWARD BENDS



SIMPLE FORWARD BEND



ARDHA UTKATASANA



UTKATASANA



UTTANASANA
ARDHA UTTANASANA



PRASARITA
PADOTTANASANA



PARSVOTTANASANA



BACK BENDS



SIMPLE BACK BEND



VIRABHADRASANA 1



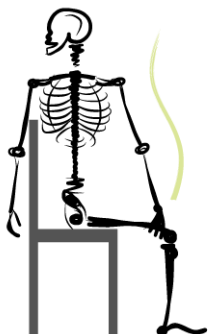
EKAPADA USTRASANA



BHUJANGASANA
SALABHASANA
VIMANASANA



TWISTS



SIMPLE TWIST



PARIVRTTI
TRIKONASANA



ARDHA
MATSYENDRASANA



BASIC CHAIR YOGA POSES

LATERAL BENDS



SIMPLE SIDE BEND



UTTHITA
PARSVAKONASANA



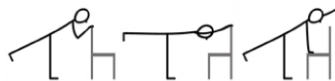
UTTHITA TRIKONASANA



BALANCE



VIRABHADRASANA 3



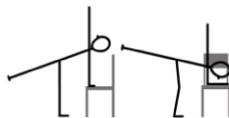
TADASANA
GARUDASANA



VRKSASANA



ARDHA CHANDRASANA



HIP WORK



HIP FLEXION /
EXTENSION



HIP ABDUCTION/
ADDUCTION



HIP EXTERNAL
ROTATION

