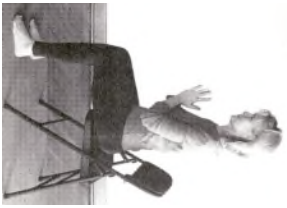
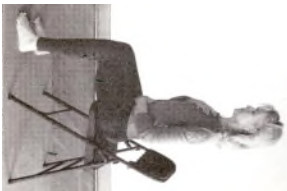


CHAIR YOGA PROGRAM

Seated mountain pose



Breath awareness



Seated cat/cow flow



Seated half moon right and left



Seated spinal stretch



44

Downward facing dog with chair



Tree pose with chair



Triangle pose with chair



45

Warrior flow



Legs-up wall pose



Seated meditation



Seated forward bend



Half spinal extension



Supine pigeon



Bridge with chair

