



# 15-Min Chair Yoga Flow

Build Strength & Flexibility Sitting Down

**I**f you're in the office right now and you have an injury, or you're limited in your mobility for whatever reason, this 15-minute chair flow yoga class, which you can do at your desk, will help to gently mobilize your joints and get you moving.

Throughout this flow we use a technique called ocean breathing where you'll create a soft whisper sound in the back of your throat both on the inhale and the exhale by constricting your glottis. If you're new to yoga breathing, please watch the accompanying video on YouTube for a short visual tutorial. Each pose is accompanied by this slow, controlled, inhale 1-2-3-4 through the nose, followed by a slow exhale 4-3-2-1 through the nose. Let's get started!

# 15-Minute Chair Yoga Flow



## Sun Salute A

- Sit with your feet hip-width apart, flat on the floor, or on top of blocks, arms down at your sides
- Inhale, reach your arms out and up to touch at the top
- Exhale, fold forward with your arms between your legs
- Inhale, slide your forearms on top of your knees, spread your fingers, lift your heart to baby cobra
- Exhale, push back to chair dog, arms straight, gaze toward your navel, breathe
- Sit up tall, reach behind your back, interlace your hands, or grab a belt or a strap between your hands
- Lift your heart, drop your head back and breathe
- Release your arms at your sides and reset



## Sun Salute B

- Sit with your feet hip-width apart, flat on the floor, or on top of blocks, arms down at your sides
- Inhale, reach your arms out and up to touch at the top
- Exhale, fold forward with your arms between your legs
- Inhale, slide your forearms on top of your knees, spread your fingers, lift your heart to baby cobra
- Exhale, push back to chair dog, arms straight, gaze toward your navel, breathe
- Release to neutral
- Reach your right arm forward, extend your left arm back behind you, turn back to look at your left fingertips to find the right height
- Turn your head to look at your right fingertips and breathe here
- Release and repeat on the opposite side



## Triangle > Side Angle

- Place the back of your right hand inside your right leg
- Extend your left arm straight up
- Gaze toward your left fingers, breathe
- Windmill your arms to release and switch sides
- Place the back of your left hand inside your left leg
- Extend your right arm straight up
- Gaze toward your right fingers, breathe
- Windmill your arms to release back to sit



## Falcon Pose

- Place your hands in a prayer position at your chest and lift up your right knee
- Option one: stay here
- Option two: extend your leg halfway or all the way and point your toes
- Extend your arms out at your sides like a bird, gaze forward, breathe
- Release and switch sides



## Figure 4 Tree

- Sit with your feet hip-width apart, feet flat on the floor
- Place your right ankle on top of your left knee
- Press your hands into a prayer position, then extend your arms up, shift your gaze up toward your fingers, breathe
- Release and switch sides



## Seated Twist

- Sit with your feet hip-width apart, feet flat on the floor
- Place the back of your right hand outside your left knee
- Reach your left arm around behind you and grab onto the chair or seat
- Inhale, sit up tall and lengthen, exhale, twist and turn
- Take three breaths and then switch sides and repeat



## Cat Cow

- Sit with your feet hip-width apart, feet flat on the floor
- Grab the sides of your seat
- Inhale, puff your chest, arch your back, gently look up
- Exhale, roll your shoulders inwards, look towards your navel
- Repeat for five rounds total

***SAFETY DISCLAIMER*** – *this is a safe and gentle sequence of poses, but if you feel any sharp, shooting joint pain in your back, neck, or anywhere else, back off. Please keep yourself safe and check with your doctor before starting any self-care routine.*

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