

# Chair yoga routine, Karen Guzak



sit tall - hands to heart



hands overhead palms up



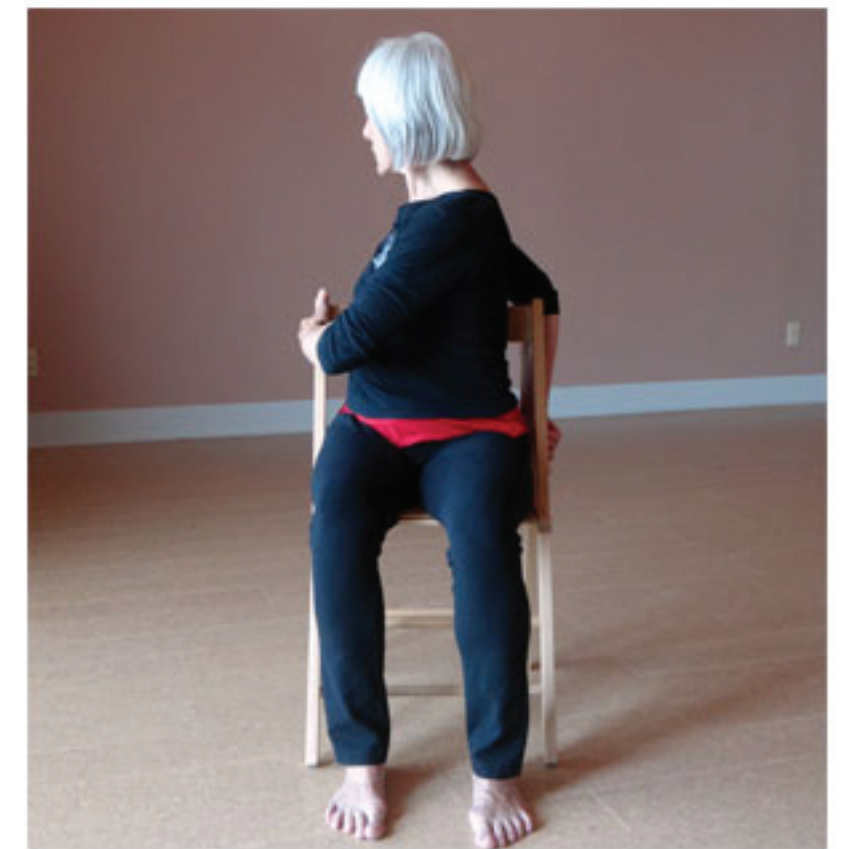
neck side stretch



side stretch - look up



side stretch - look down



seated twist - both sides



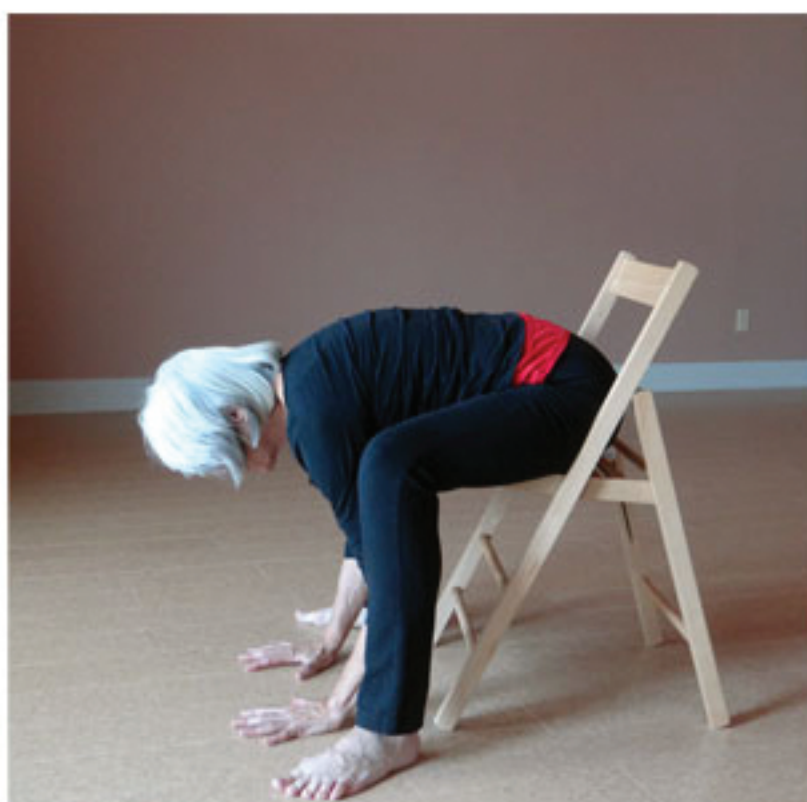
eagle arms shoulder stretch



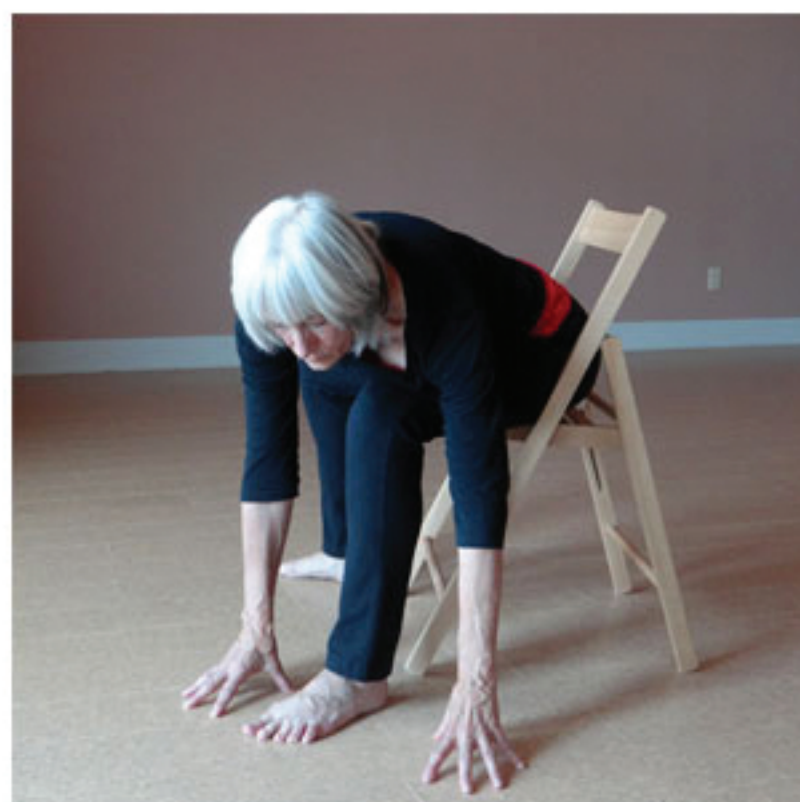
open heart - arms to back



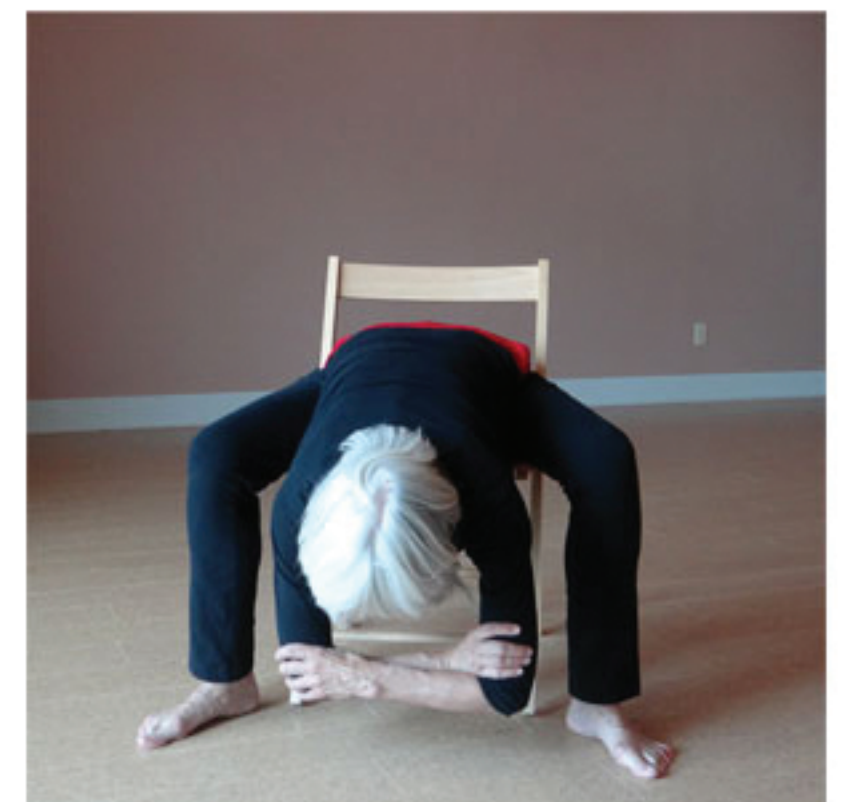
fold forward shoulder stretch



wide leg forward fold



wide leg fold to side

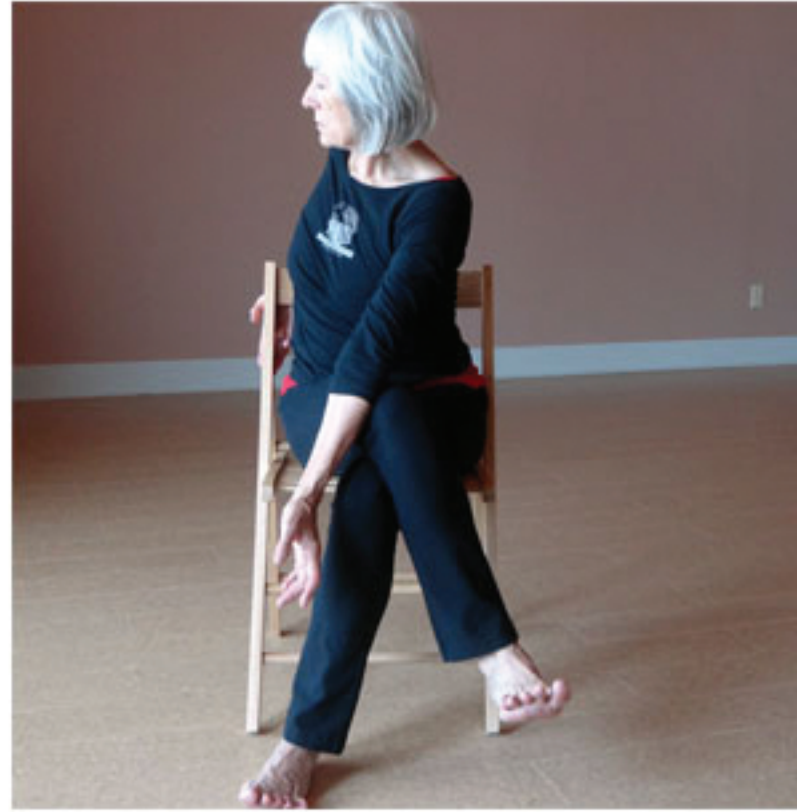


wide leg hang and sway

Breathe slowly & deeply through the whole practice - feel better all over.



cross leg fold



cross leg twist - both sides



hip opener fold forward



cross leg lift and twist - core



wide angle leg lift - circle feet



lunge leg stretch



side angle stretch



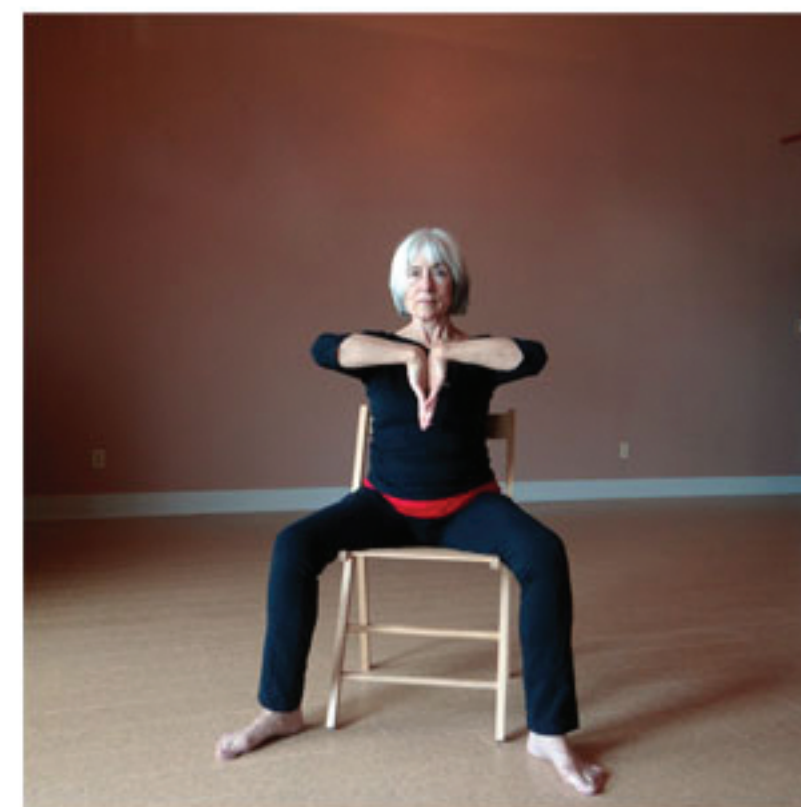
triangle modification



down dog modification



wrist circles - breathe



sit tall wrist stretch



easy pose - NAMASTE