# Chair yoga (pose descriptions only)

Seated Crescent Moon Pose

First put your feet flat on the floor. Lift your arms overhead and stretch your fingers wide. Lean to the right, taking 2 to 3 deep breaths. One….two…..three…. Repeat on the left side for another 2 to 3 deep breaths. One….two….three. Bring yourself back to center and bring your arms back down to your sides.

Wrist and finger stretches

Extend the arms to the sides or overhead and draw 5 to 10 circles inward and outward through the wrists. Next, quickly spread the fingers and close the fists, repeating this 5 to 10 times to shake off any excess tension.

Stretch each arm out and bend the wrist inward then outward, you can apply gentle pressure with your other hand to counter-stretch. Hold each side 5 to 10 breaths.

Chair Pidgeon Pose

While seated in your chair, both feet flat on the floor, cross your right leg over the left at a 90-degree angle, keeping the foot flexed as to not place pressure on the knee. Maintain equal weight distributed between the sitting bones while staying in an upright seated position.

You should feel a gentle to moderate stretch on the outermost part of the right thigh. Hold 5 to 10 breaths before switching sides.

Sit and Stand Chair Pose

Begin seated with your knees bent 90 degrees and your feet flat. Press down from your heels, trying not to move the feet in toward your chair or use your arms, and make your way up to standing.

From standing, slowly sit straight back down, refraining from leaning forward and/or from shifting the hips to one side or the other. Repeat 5 to 10 times.

Assisted Push Up

From standing rest your hands about shoulder width distance on the edge of your sturdy desk, and step your feet back so your torso is a diagonal line to the floor. Your feet firmly placed, inhale as you bend the elbows to a 90-degree angle, hugging the elbows in towards the ribs.

Exhale and press your chest back up to the starting position. Repeat 8 to 12 times.

Desk Upward Dog Pose

Set up the same way here as you did for pushups above. With your arms straight, lower your hips toward the desk, refraining from sinking in the lower back by using the strength in your legs.

Stretch your chest between your shoulders and gently tilt your chin upwards while sliding the shoulder blades down the back. Hold 5 to 10 breaths.

Desk Plank Pose

Place your hands shoulder width distance or wider at the desk edge. Step your feet back until your feet are directly under your hips as you create a pleasant feeling traction for your spine. Hold 5 to 10 breaths and let this pose help you undo all the negative effects of sitting.