

Chair Yoga Stretch

Hold each pose for at least 30 seconds

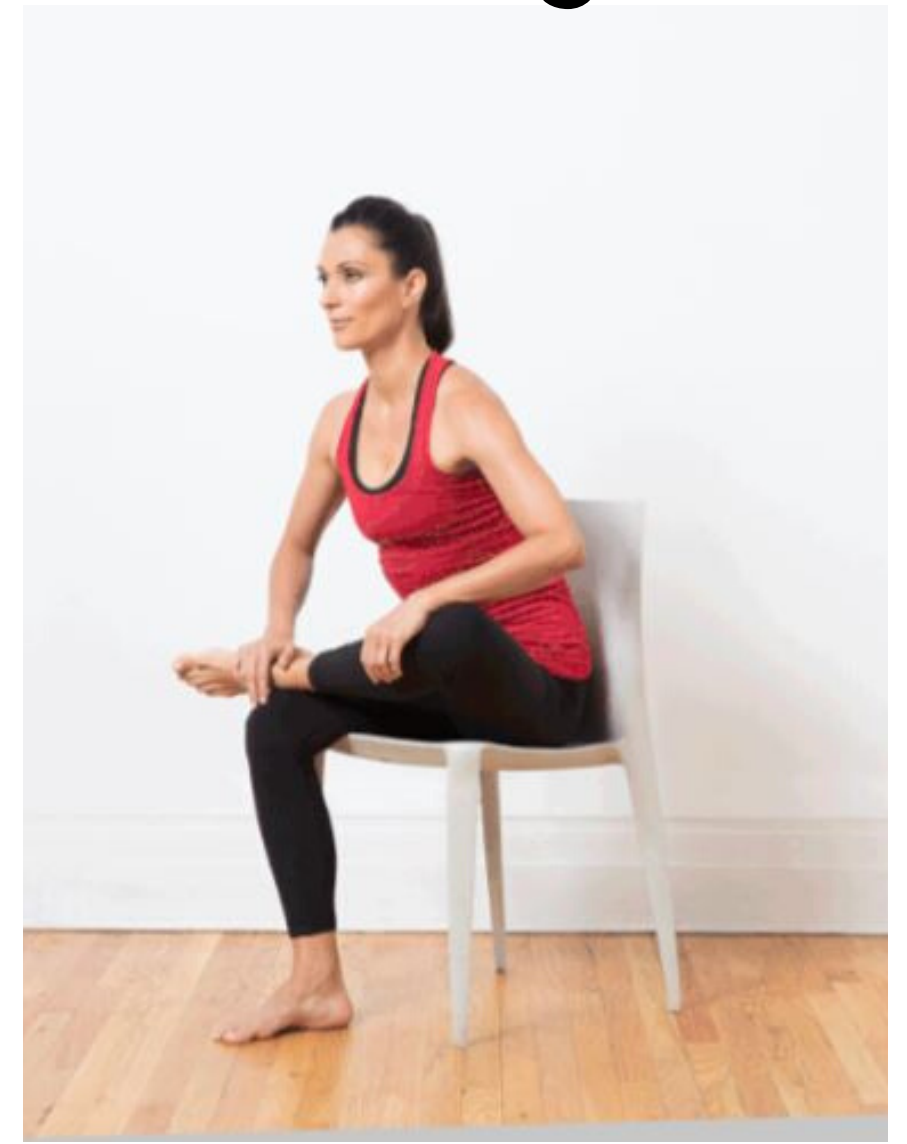
Cow Inhale - Cat Exhale



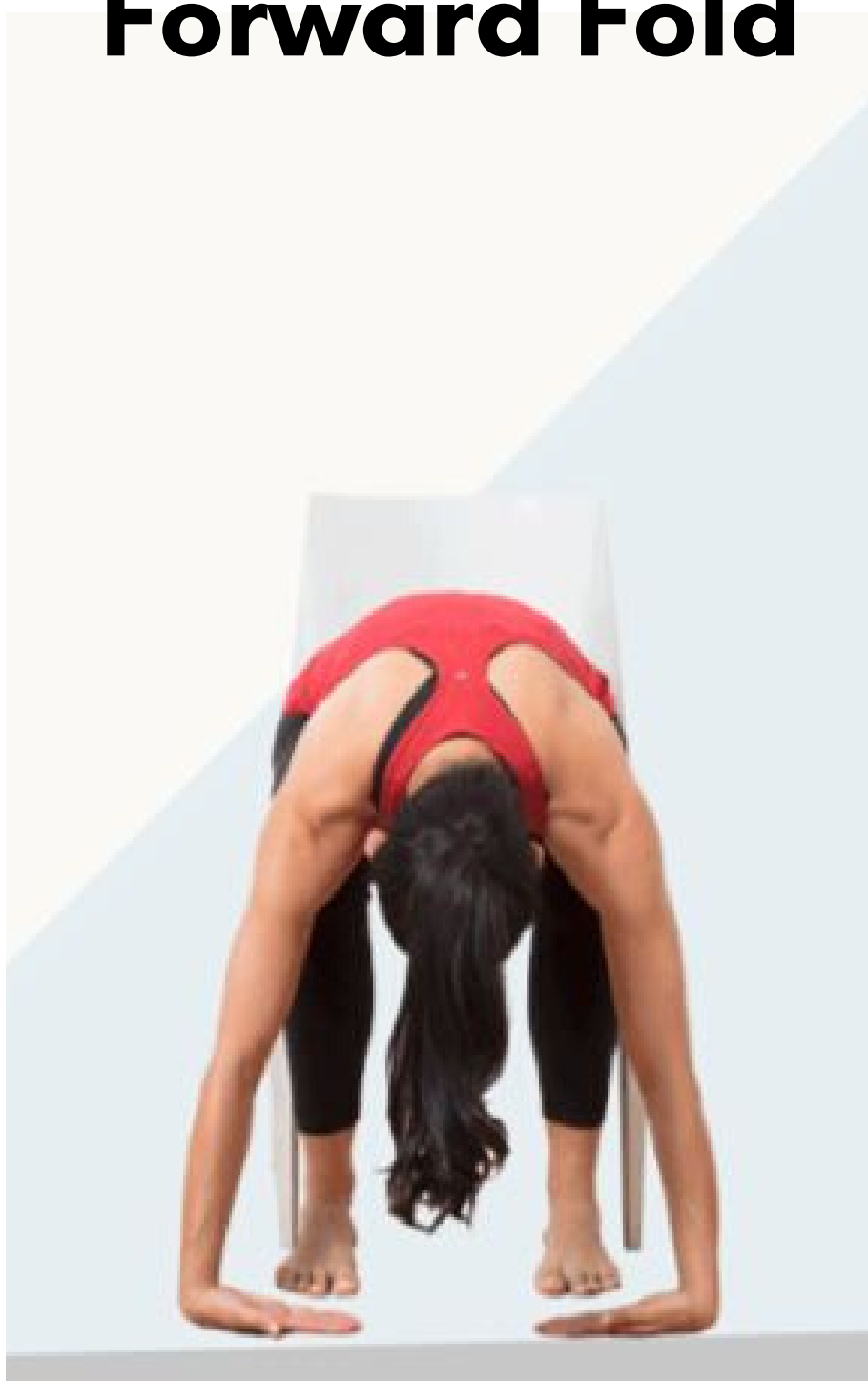
Raised Arms



Chair Pigeon



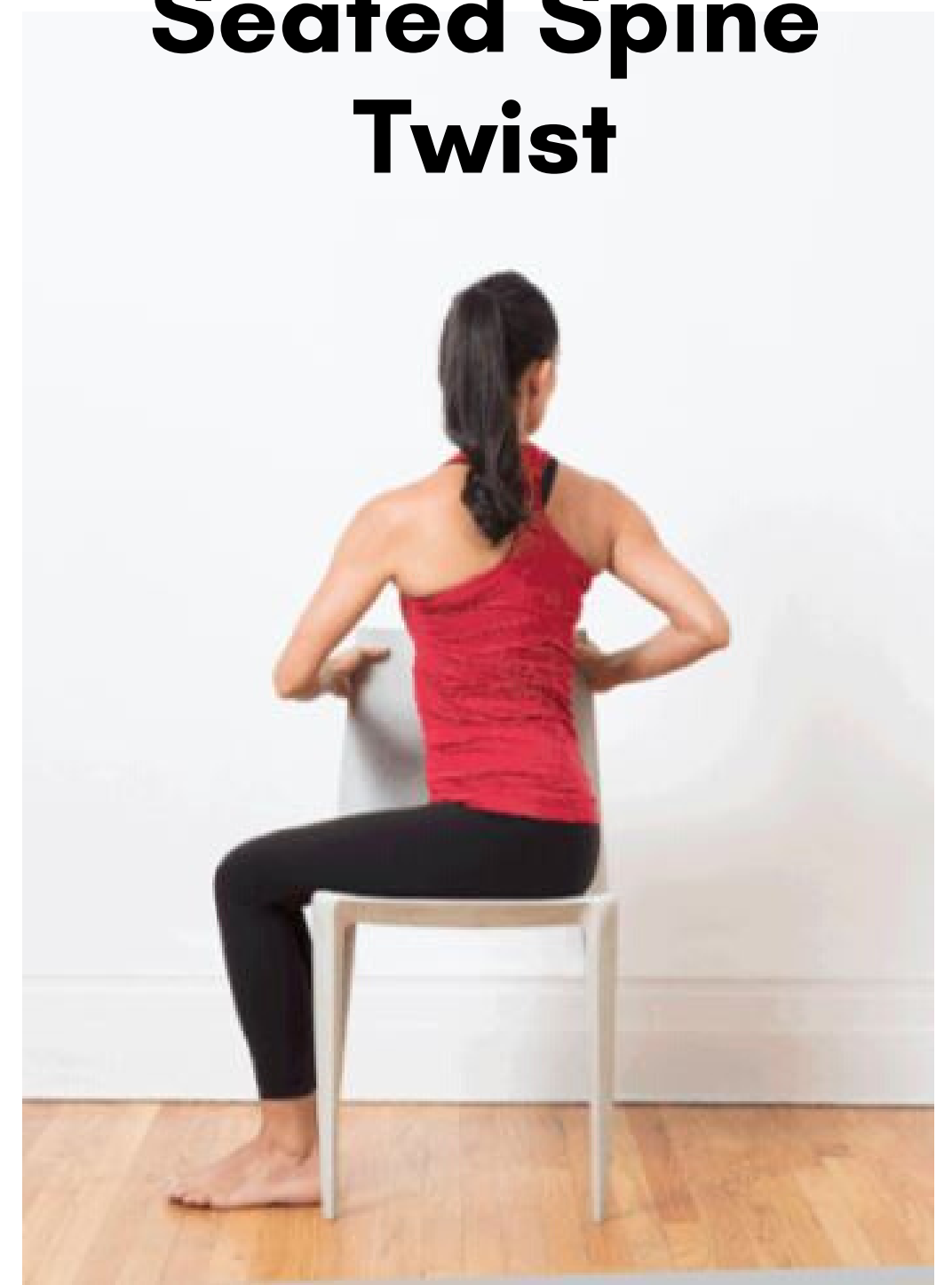
Forward Fold



Chair Eagle



Seated Spine Twist



Extended Side Angle



Chair Warrior

