



Practice ideas week 12 – with a chair

You could even do these at your desk!

Be careful with your choice of chair. You may need to adapt/leave out some poses if your chair is not sturdy and stable enough. Be sensible 😊

Week 12 and my hair has reached the unruly stage of lockdown! Practising this week in regular clothes to show what you could do if you need a stretch during your day.

Sit tall – then urdhva baddanguliyasana – fingers interlinked and stretch up

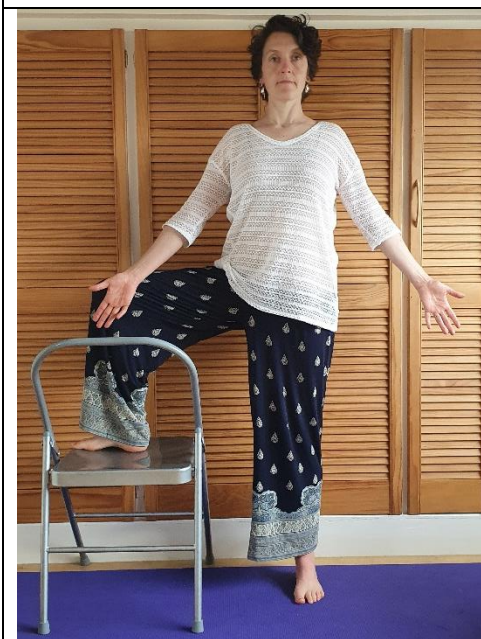
You could do other shoulder variations here – urdhva hastasana, gomukhasana or garudasana arms....



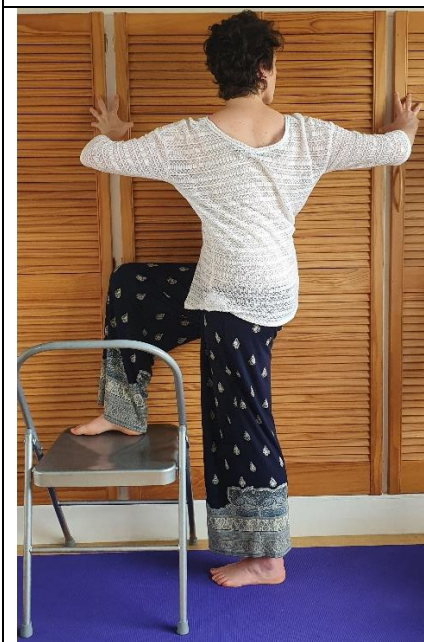
Simple arch over the chair back, supporting head



Some vrksasana tree options especially if you've hip restrictions or balance issues



A standing marichyasana 1 – or simplified warrior 2

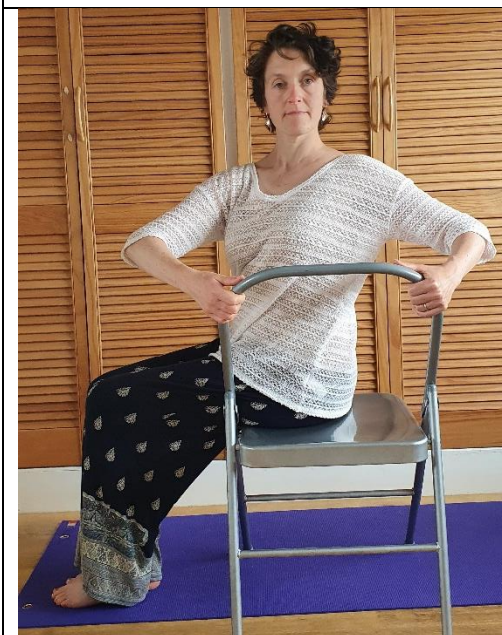


Standing marichyasana 3 twist – lovely for the back



Warrior 2 with chair – could move to parsvakonasana from here too if you wished

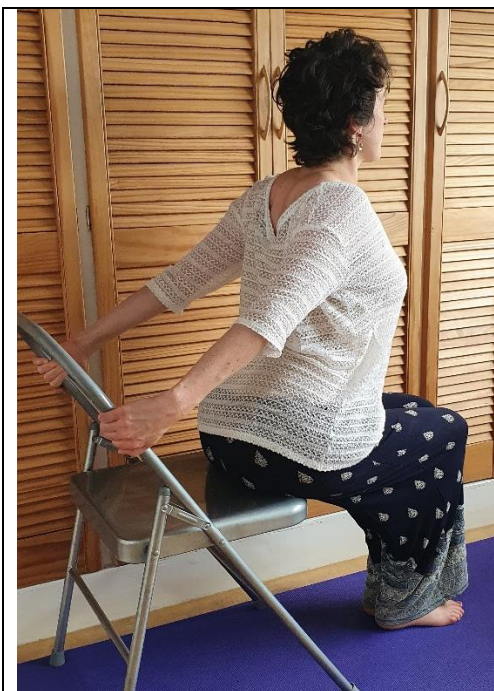
Many other standing poses can be done with the chair – you'll see me use the chair for e.g. parsvottanasana in previous practice sheets. Play around!



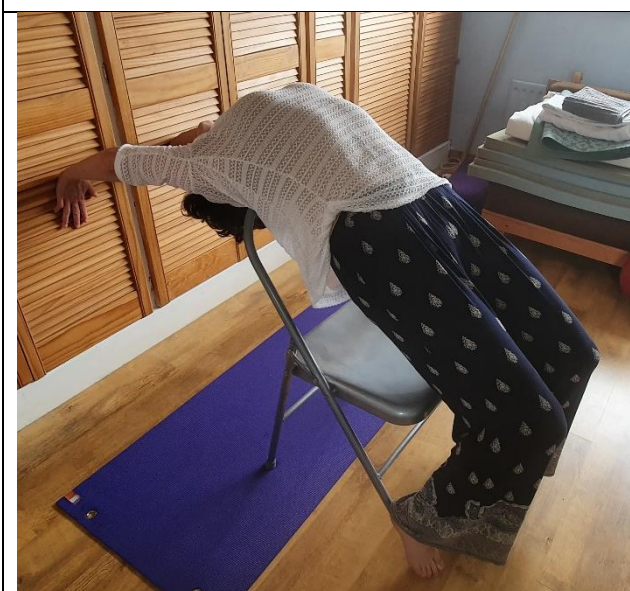
Seated chair twist bharadvajasana



Parivrtta parsvakonasana – reverse side angle pose, using the chair to help twist



Little back stretch by using the hands on the chair back – a bit like the upper body part of salabhasana locus pose



Or a deeper urdhva dhanurasana version – note that my heels are on the chair legs and toes braced on the floor to hold the chair in position. Back of chair is across shoulder blades to help lift of chest.

Careful with this one – best to have proper yoga chair which is stable enough.



Simple forward bend with head rested – you could put your elbows on a table/desk



Paschimotttanasana from the front of the chair – make sure your chair is not going to slide backwards! Reach to wall or table if you can't go very low.



Lift into setu bandha sarvangasana – make sure you get the shoulders tucked well under



And rest, legs on the chair