

Chair Yoga Routine

This playbook provides a series of yoga exercises tailored for individuals with limited mobility, specifically designed to be performed while seated in a chair. It can also be used for quick office workouts.

Step 1: **Preparation**

Select a stable, armless chair and place it in an open space. Ensure you're wearing comfortable clothing that allows for a full range of motion.

Step 2: **Warm-Up**

Start with a 5-minute warm-up consisting of neck and shoulder rolls to prepare your body for the workout.

Step 3: **Breathing**

Practice deep breathing for a few minutes to center your focus by inhaling deeply through your nose, holding for a moment, and then slowly exhaling through your mouth.

Step 4: **Seated Cat-Cow**

Place your hands on your thighs. Inhale while arching your back, stretching your chest forward and up. Exhale and round your spine, dropping your head forward. Repeat for at least 5 cycles.

Step 5: **Seated Mountain**

Sit erect with feet flat on the floor. Raise your arms overhead with palms facing each other. Hold this pose, focusing on deep breaths for 30 seconds to a minute.

Step 6: **Seated Twist**

Inhale and, as you exhale, turn to the right and hold onto the back of the chair for a gentle twist. Repeat on the left side. Hold each side for 3 deep breaths.

Step 7: **Leg Lifts**

Lift one leg at a time while keeping your spine straight. Hold for a few seconds, then slowly lower your leg. Repeat 10 times for each leg.

Step 8: **Hip Marching**

Lift your right knee towards your chest (as high as comfortably possible), then lower it. Repeat with the left knee. Do 10 repetitions on each side.

Step 9: **Cool Down**

Lower your heart rate with soothing motions such as gentle seated side bends and mild forward bending. Finish with another round of deep breathing.

General Notes

Safety

Ensure the chair is on a non-slip surface and avoid chairs with wheels to prevent any accidents.

Modifications

Feel free to modify any exercise to suit your comfort and range of motion or consult with a healthcare professional if in doubt.

Consistency

For best results, integrate these chair yoga exercises into your daily routine, setting aside a specific time each day to practice.

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