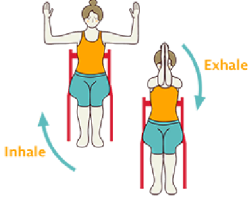
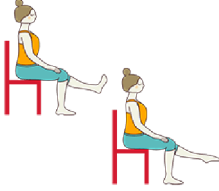


Corporate Chair Yoga

Ruby Zulkowski

• 30 mins • Beginner • Corporate Yoga • Practice From Your Chair

30 Minute Accessible Chair Yoga

Thoracic 1m  1. Chair Mountain Pose • Chair Tadasana 2 Minute Breath Work	2m  2. Chair Neck Rolls B • Chair Greeva Sanchalana B 1 min R 1 min L	1m  3. Chair Seated Side Stretch Pose • Chair Upavishta Parsva Uttana	1m  4. Chair Seated Side Stretch Pose • Chair Upavishta Parsva Uttana	1m  5. Chair Seated Twists • Parivrtta Chair Tadasana 1 min L	1m  6. Chair Seated Twists • Parivrtta Chair Tadasana 1 min R
2m  7. Chair Cat Cow Pose • Chair Marjaryasana Bitilasana 1 minute	2m  8. Seated Cactus Arms Flow Chair Incorporate the butterfly arms into the seated cat/cows	1m  9. Cobra Pose Chair • Bhujangasana Chair Chest Open to the sky	2m  10. Chair Flexing Foot Pose 1 min R 1 min L	2m  11. Half Seated Forward Bend Pose Chair • Ardha Paschimottanasana Chair 1 min right 1 min left	1m  12. Seated Forward Fold Pose on Chair • Upavishta Uttanasana Chair
1m  13. Revolved Chair Pose On Chair • Parivrtta Utkatasana Chair	1m  14. Revolved Chair Pose On Chair • Parivrtta Utkatasana Chair	2m  15. Chair Pigeon Pose • Chair Kapotasana 1 min R 1 min L	1m  16. Goddess Pose On Chair • Utkata Konasana On Chair	1m  17. Goddess Pose Chair Side Stretch • Utkata Konasana Chair Side Stretch	1m  18. Goddess Pose Chair Side Stretch • Utkata Konasana Chair Side Stretch
1m  19. Gate Pose On Chair • Parighasana On Chair	1m  20. Gate Pose On Chair • Parighasana On Chair	Yogic 1m  21. Hands Chest Chair • Chair Tadasana Anjali Mudra			