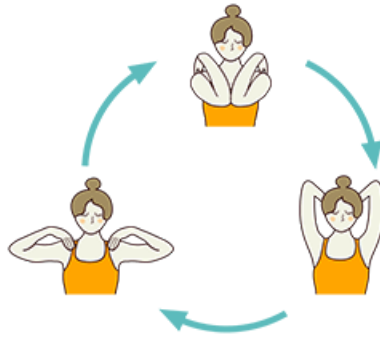


# Monthly Mover- chair yoga

catherine Downey



1. Chair Neck Rolls B



2. Shoulder Socket Rotation •  
Skandha Chakra



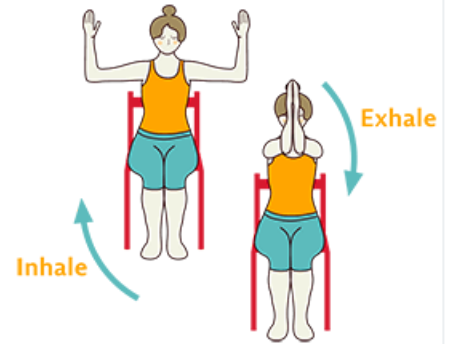
3. Chair Upward Hand Stretch  
Pose • Chair Urdhva Hastasana



4. Chair Seated Side Stretch Pose



5. Chair Seated Twists



6. Seated Cactus Arms Flow Chair



7. Chair Cat Cow Pose • Chair  
Marjaryasana Bitilasana



8. Hand Clenches Chair



9. Seated Forward Fold Pose on  
Chair



10. Chair Pigeon Pose • Chair Kapotasana



11. Chair Pigeon Pose Variation Forward Bend Prayer Hands • Chair Kapotasana Variation Uttanasana Namaste



12. Seated Low Lunge Pose Chair Flow • Upavistha Anjaneyasana Chair Vinyasa



13. Chair Flexing Foot Pose



14. Goddess Pose Chair Side Stretch • Utkata Konasana Chair Side Stretch



15. Extended Side Angle Pose Variation Elbow Arm Chair • Utthita Parsvakonasana Variation Elbow Arm Chair



16. Wide Legged Forward Bend Pose Chair Hands Floor • Prasarita Padottanasana Chair Hasta Floor



17. Boat Pose Variation On Chair • Navasana Variation On Chair



18. Chair Wide Legged Seated Twist