



## Chair Yoga

1. Cactus Arms with External Rotation
2. Tricep and Serratus Stretch
3. Eagle Arms (Garudasana Arms)
4. Eagle Arms Variation (Garudasana Arms Variation)
5. Neck and Shoulder Opening #1
6. Neck and Shoulder Opening #2
7. Cat Pose Variation
8. Cow Pose (Bitilasana)
9. Figure 4 Legs (Ardha Utkatasana Variation)
10. Hip Flexor Stretch