

Gentle Seated Yoga



This set of yoga poses is designed to increase your strength and range of motion, improve your breathing, and calm your mind and body.

Instructions

- Sit on a firm chair that supports your back. Your feet should rest on the floor.
- For each pose, take 3 to 5 deep, slow breaths (inhalations and exhalations).
- If any pose or movement causes you pain, stop right away.
- If you have any questions, ask your occupational or physical therapist.



Watch this video at
go.osu.edu/yogachair

Yoga poses

Grounding with Belly Breathing

1. Sit up tall and relax your body.
2. Place 1 hand under your belly and 1 hand on your chest.
3. Take a slow, big breath in, filling up your belly like a balloon. Feel your belly and chest rise.
4. Exhale slowly. Feel both hands fall on your belly and chest.
5. Do this 5 times, while feeling your body relax. Notice if you feel more grounded and connected to yourself.



Cat/Cow Poses

Cow (A)

1. Breath in, arch your back, and stick your belly forward.
2. Squeeze shoulder blades together and look up.

Cat (B)

1. From cow pose -- exhale, round your back and tuck your chin to your chest.
2. Move smoothly back and forth between these two poses.



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Side Bends

1. Inhale as you reach both arms to the sky.
2. Exhale as you reach one arm up and over, dropping the other arm.
3. Feel the stretch between your armpit and hip.
4. Take 3 to 5 breaths in this pose.
5. Repeat on the other side.



Trunk Twist

Do not do this pose if had a surgery, a procedure or have another medical reason to limit movement of your spine, such as no twisting (spinal precautions).

1. Inhale as you sit up tall and reach one arm to the back of the chair.
2. Twist your body to the side. Look to the side or back over your shoulder, if it feels good in your neck.
3. Reach your other arm to the outside of your knee.
4. Take 3 to 5 breaths in this pose.
5. Repeat on the other side.



Hamstring Stretch with Strap

You will need a gait belt or a long strap.

1. Sit tall on the edge or your chair.
2. Straighten one leg and wrap the strap around your foot, right under your toes.
3. Exhale as you pull back on the strap with both hands. Feel the back of your leg get longer.
4. Take 3 to 5 breaths in this pose.
5. Repeat on the other side.



Half Sun Salutation Flow

Do this series 3 to 5 times. Move with your breath as quickly or slowly as you like.

High Mountain



1. Inhale as you reach your arms up into High Mountain Pose.

Swan Dive



2. Exhale as you swoop your arms down into Swan Dive.

Forward Fold



3. Fold your body forward to let your belly rest on your legs. Relax your head, neck, and arms down towards the floor into Forward Fold.

Lift Halfway



4. Inhale as you lift your body up half way. Keep your back straight and push your arms into your shins.

Forward Fold



5. Exhale into Forward Fold again.

High Mountain



6. Inhale as you swoop your arms up into Swan Dive. Reach your arms all the way up overhead into High Mountain.

Goal Post Arms Flow

1. Inhale as you reach your arms up.
2. Exhale as you bend your elbow to create a football goal post.
3. Inhale as you reach your arms back up again.
4. Move between these 2 poses for 3 to 5 breaths.



Eagle Pose

1. Inhale and sit up tall. Cross one leg over the other, as you bring both arms out to the side and into a “T” shape.

Option A: Exhale as you give yourself a hug. Reach for your opposite shoulders. Stack your elbows on top of each other, if possible.

Option B: Exhale as you give yourself a hug. Turn your forearms up so your fingers point to the ceiling, with the backs of your hands together or palms together.

2. Lift your elbows off your chest, as much as possible.
3. Take 3 to 5 breaths in this pose.
4. Repeat on the other side.



Figure Four

1. Sit up tall. Inhale as you cross your ankle over your thigh.
2. Pull your toes towards your knee.
3. Exhale as you fold forward with a flat back until you feel a stretch in the outside of the hip.
4. Take 3 to 5 breaths in this pose.
5. Repeat on the other side.



Final Resting

1. Sit up tall, relax your shoulders away from ears. Put your palms on your thighs in comfortable position.
2. Do a big inhale and exhale, then close your eyes.
3. Release and relax.
4. Take 3 to 5 breaths in this pose (or longer if it feels good).

