

Chair Yoga with Gabriella

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Gabriella

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Weekly Zoom Yoga Classes \$10

Private and Group Remote Sessions available!

<https://gabriellameiterman.wixsite.com/landandseayoga>

Body Scan

Find a comfortable seat.

Close your eyes and scan from the ground up.

Check-in to see how you are physically feeling.

If anything stands out, inhale to that space and then exhale.



Breath of Fire

Only use the nasal passage.

Quickly inhale and forcefully exhale.

Use the core like a balloon inflating/deflating quickly.





Cat Cow

Place hands on knee.

Slide ribs forward - cow

Slide ribs backward and curve spine - cat.



Side Stretch

Lace your hands together.

Inhale and lift your arms up.

Exhale and side stretch.



Twist

Open arms and twist from side to side.

Inhale your head up.

Exhale twist deeper.



Sun Salutations

Repeat the next 4 slides from beginning to end 2 or 4 times.

Make sure you switch between the right leg and left leg.

Swan Dive

Reach your hands up to the sky.

Forward fold to the ground.



Warrior 1

Slide to edge of seat.

Reach your leg back.

Press down foot.

Reach hands high, press shoulders down.



Plank

Turn around and place hands on cushion.

Legs can be straight or bent.

Engage core.



Chaturranga

Lower down, as if a push up.

Then press back up to plank.



Down Dog

Place hands on seat firmly.

Press hips back.

Chin tucked to chest.



Yoga Flow

Complete the next slides using your right leg.

Then repeat from beginning to end using your left leg.

Warrior 1

Slide to edge/corner of chair.

Leg reached behind you long.

Press heel and whole foot flat to floor.

Bend front knee over ankle.

Arms long to sky and shoulders heavy,



Warrior 2

Open up hips to the side.

Sit firmly on edge of chair.

Arms open wide to match hips.

Front knee opens towards pinky toe.



Reverse Warrior

Keep Warrior 2 legs.

Flip front palm upward.

Reach front hand back.

Stretch front ribs.

Look up at top hand or down at back leg.



Side Angle

Keep Warrior 2 legs.

Rest front arm on front thigh.

Reach other arm long.

Biceps by the ears.



Triangle

Stand up and straighten both legs.

Rest front hand on chair for support.

Reach other hand high to the sky.

Turn head to look at top hand.



Hip Opener

Cross leg over the other one.

Rest hands on chair for support.

Sit the hips back.

Press knee down to floor.



Airplane Pose

Press hands firmly into chair.

Reach leg backward.

Lengthen bottom/support leg.

Lift heel to the sky.



Half Moon

Press bottom hand firmly into chair.

Open hips, like in Warrior 2.

Top hand on hip or arm long to sky.

Look down at floor or up at sky.



Pyramid

Lower top leg behind the bottom leg.

Create pyramid/triangle with legs.

Lower flat back.

Mod: Slight or deep bend in front knee.



Repeat the previous slides
on the other leg.

Winding Down

Repeat the next set of slides on both legs.

Figure 4

Grab one ankle and shin.

Rock from side to side.

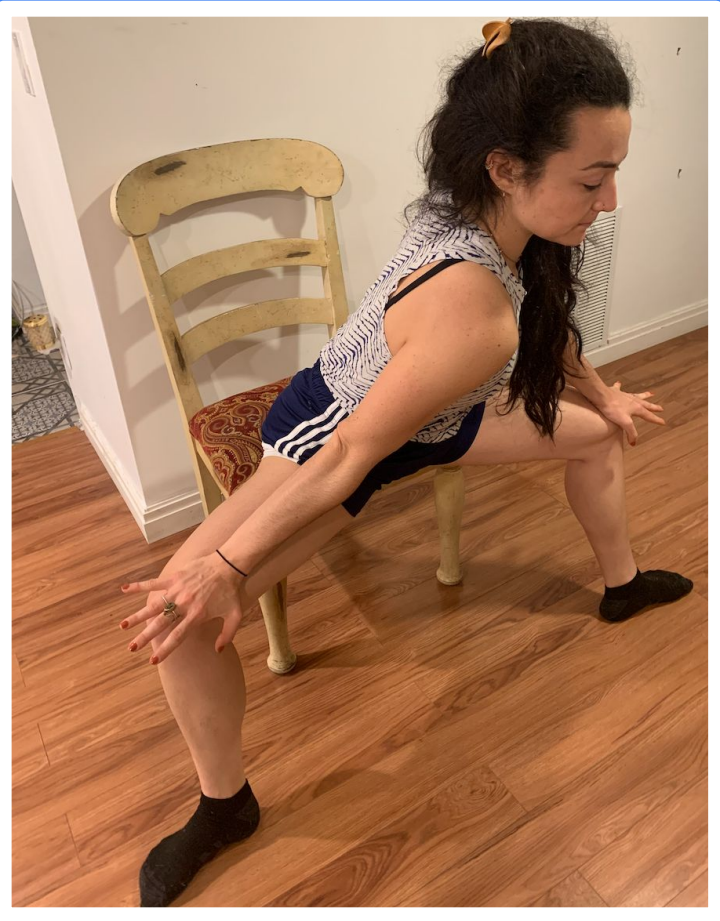


Wide Stance

Bend knees and open legs.

Turn out toes and open knees.

Press one knee open with arm then switch.



Side Angle

Keep legs from prior pose.

Rest lower arm on thighs.

Reach top arm long- bicep to ear.



Pigeon Pose

Turn around and rest hands on chair.

Lift one shin on the chair cushion.

Bend or lengthen back leg.

Slide the back leg away from chair.



Low Twist

Place hands on floor.

Lift one arm up to sky.



Leg Reach

Sit on chair.

Choose any of the bottom variations.



Eagle

Sit at the center of chair.

Cross legs.

Cross arms.



Inversion

Lay on the floor.

Place legs on the chair.

Bend knees or straighten legs.

