



**STAY HOME**

**STAY SAFE**

**STAY HEALTHY**

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# CHAIR YOGA



# What's In a Chair?

- Since chair yoga is all about adaptability, it should come as no surprise that the particular chair you use is not important; you don't have to run out and buy a specialized yoga chair. Chairs with wheels are not ideal, since they are unstable, but almost any other chair will do. If you are short, put blocks or a folded yoga mat under your feet to give yourself a firm foundation.



# Benefits

1. It engages your body ,mind, and spirit which may led to a feeling of self reliance and control over pain.
2. It provide long term preventive relief through improved posture, breath techniques and stress reduction.
3. It can make you more aware of your body –balance, posture and proper alignment will be a renewed focus in your life.
4. It strengthens your abdominal muscles and increase blood flow all of which are beneficial the body.
5. It can sooth your mind ,which in turn can produce a relax, calm and meditative state that can lessen pain.
6. One of the main benefits is increased flexibility and muscle strength .This can also be a great activity for increasing energy ,along with memory and focus.

## Cont....

7. It benefits every body part because it increases blood circulation, improves feet, toes, hand and finger movements, improves balance, stimulates the elimination of body toxins, improves posture, flexibility and mobility, muscle and bone health.
8. It benefits the mind, in a sense that it provides certain independence, and increases self-esteem in the life and person of those who practice it

# Who Can Do Chair Yoga?

- ❖ Senior citizens
- ❖ Obese people
- ❖ Office workers
- ❖ People working in multinationals
- ❖ People with neurological diseases
- ❖ People who cannot stand or lack the mobility to move easily from standing to seated to supine positions

# *Points to Remember before Start*

- begin with a few simple shoulder rolls
- shake out your arms and hands.

# Chair Yoga is Good Choice for Beginners

- If you are unable to perform other types of activity due to an injury or other limitation, this can be a good choice. The movements are slower and deliberate, and will provide you with plenty of benefits without being too demanding. Those with ailments such as multiple sclerosis, arthritis, or various neck and back injuries can benefit from this type of activity



# 1. *Forward Bend*



Breathe in and as you bend forward breathe out and let your head and arms hang over your knees. Relax into the position and hold for a few seconds while breathing normally. Breathe in as you slowly come back up to seated position.

**eases tension in upper back and neck**

## 2. *Spinal Twist*



- Sit facing forward place your left hand on the outside of your right knee. Place your right arm over the back of the chair. Breathe in and breathe out as you twist to the right. Turn your head as well. Push against your right knee to create more leverage. Breathe normally and hold the position. Release slowly and come back to facing forward and repeat on the opposite side.

**increases circulation and flexibility in the spine**

## 3. *Side Stretch*



- Sit facing forward with feet slightly apart, breathe in, and raise your arms out to the sides. Breathe out and bend to the left, reaching toward the floor with your left hand and your right hand pointing toward the ceiling. Breathe in come back to starting position. Repeat with your right side.

**increases flexibility of the spinal column,  
improves respiration, and reduces  
waistline.**

## 4. *Knee Squeeze*



- Breathe out completely then breathe in with both hands around the front of your knee pull your knee to your chest, while holding the in breath. Lower your head to your knee hold for a few seconds and release slowly while breathing out. Repeat with your right side.

**relaxes lower back, improves digestion  
and respiration**

## 5. *Leg Lifts*



- Sit and hold each side of the chair for balance. Breathe out and breathe in as you lift your straightened left leg and flex your foot. Hold for a few seconds and then slowly breathe out while lowering your leg. Repeat the same for your right leg.

**strengthen legs and lower back, and improves circulation to your legs and feet.**

## 6. Sun Pose

- Sit back in the chair with legs apart and arms by your side. Breathe out completely then breathe in and with a sweeping motion bring your arms up over your head. Look up and stretch. Breathe out while bending forward between your legs and if you can put your palms on the floor. Slowly breathe in while raising back up with arms over head again, then lower your arms to the side.



**improves circulation to your head, massages internal organs, and limbers your spine and hips**



Some Exercises of chair yoga



Thank you  
*friend!*

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