

Chair Yoga Foundations

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Preparation to Sit

Sitting tall and grounded in your chair, connecting to the base of your feet, revisiting the movement, through your toes, broadening the soul, regaining support through the whole foot. Finding your breath with ease as you listen to your inhale followed by your exhale. Softening your shoulders, allow your breath to move finding more space as you continue to be in touch with your own sound.

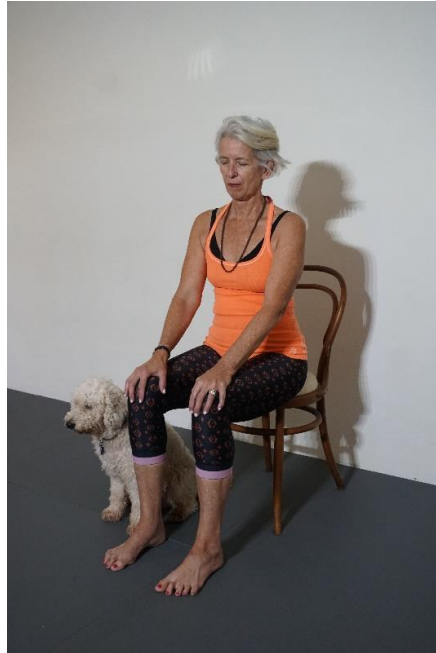
Lion Breath

Opening your arms beneath the shoulders, moving your fingers lightly, exhale your breath extending your tongue with sound. Activating opening right through your upper thoracic.

Sacral Release

Resting your open palms across your abdominals, softening your gaze, listen to your breath, let your abdominals move in and out as you exhale through your nose. Come back to your neutral sitting, continue to reconnect back to your breath. Inhale followed by exhale, the most important aspect of the whole practise, breathe...





Cultivating your breath rhythm, breathing with ease through your nose, becoming interested in your own sound, your own exploration of the breath.

Sitting in a comfortable space, softly close your eyes, finding the process of the light inhale followed by the light exhale.

Seated chair awakening the spine

Sitting with firm grounding through your feet, moving the toes, activating the whole soul of your foot.

Drawing awareness to your hands, engaging release through your joints.

Becoming aware of your breath, listening to your rhythm, developing a practise of concentration through your breath.

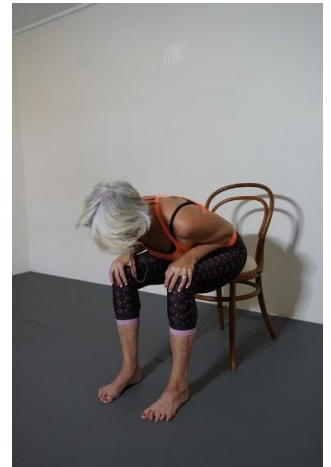
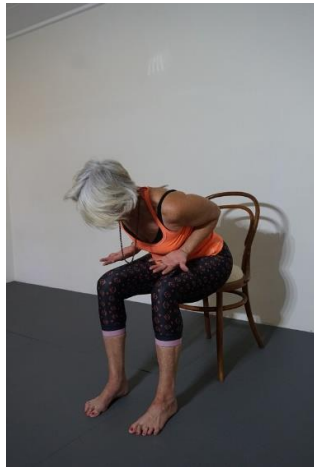
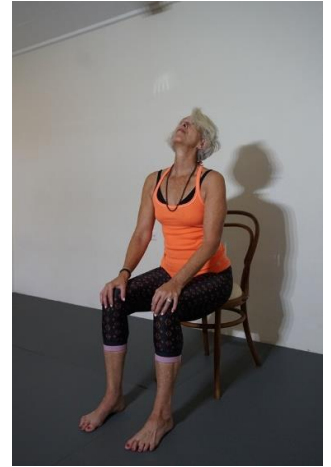
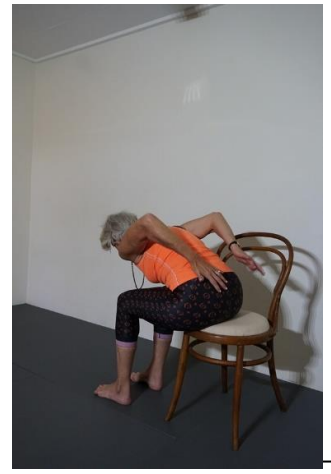
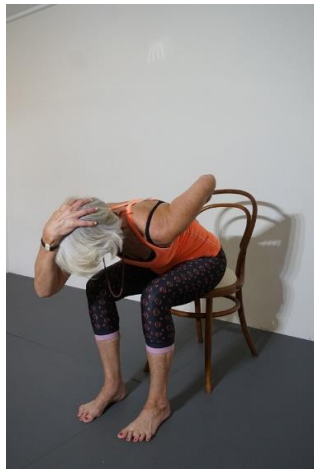
Beginning to add breath and the visualization to your spine. Drawing your breath awareness to your lumber, start to think of your circular spinning to the left side moving across to the right side. Remembering to move less physically and more internally. With practise it becomes totally fluid, effortless giving more freedom to move with ease.

With the same process for your upper spine, between your shoulder blades to the back of your spine and around your breastbone to the front of your spine. Start your internal circle to the left side, at least five rotations, shift to the right side, then circle including left and right.

Holding your ribcage with strong open hands ,bringing your awareness to gathering both sides of your torso. Take the heel of your hands and circle lifting the skin followed by a gentle tapping with your fingertips.

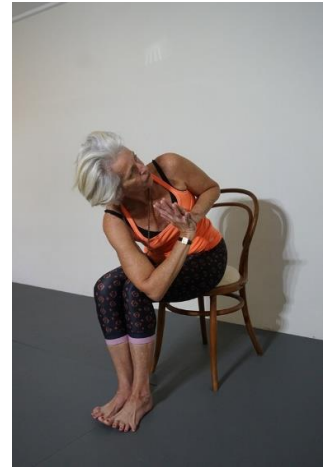
Cup your hands on the top of the spine between your hairline and the neck, and slowly visualize the circle up and down the spine. Place your hands on top of the head, applying a light pressure feeling the connection back to your feet.

Moving fluidly side to side, in your seated dance as you come back to sit.



Crescent Moon, Cat, Lumbar Tap and Supported Squat sequence

Keeping your feet, ankles, knees and thighs hip width apart, sitting tall in your chair. Engage the movement of your toes, balls, arch, and heels of your feet. This should be practised as a daily ritual, healthy feet enabling strong balance and stability. Fold gently into the shape of a cresant moon, pause drawing your chin to your sternum. Coming forward gather the spine, one hand on your lower back the other on your head. Then open your arms, as if they were large bird wings, unhinging wrists, elbows and shoulders. Bring the hands back to your lower back giving it a few taps to wake it up. Circle as you massage from the top of the hips down to the knees and rest into a supported squat, fingers gently moving, taking a few sigh breaths through your mouth. Pause coming back to your knees, hands firmly on the knees, and dance your spin side to side as you come back to sit.



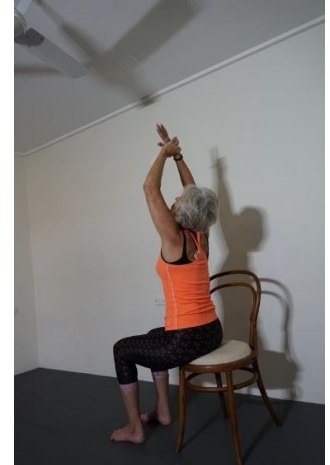
Supported Seated Twist

Grounded down into your feet. Gaze forward, activate your breath rhythm up through your spine.

Bring your open palms to the rib cage. Slowly turn into your twist moving from within, keeping passive shoulders, as you continue to soften your gaze visualize your long open spine as you breathe.

Supported Revolved Seated Twist

A sense of collection, strong broad toes, ankles, knees, and thighs together. Bringing your hands back to the heart, start to circle the arms, oiling. As you move to the side let your elbow rest above your knee, draw your shoulders down, rest the hands close to your heart, lighten your neck and jaw, oiling. As you breathe connect back to your open spine, come back to a neutral base and change sides. Added opening of the arms, two to three on each side. Benefits, stomach, bowels (regular elimination)



Awakening the Arms

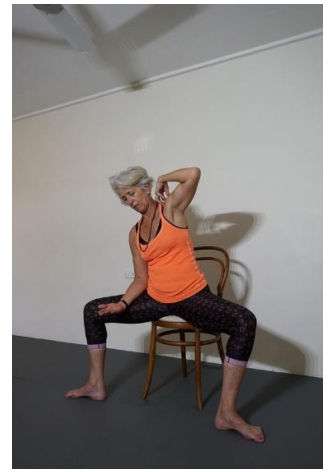
Arms, coming back to your base, the feet, engage the support, check your ankles, knees and thighs.

As you oil your arms, start to turn your hands in and feel the base of your neck. Bring your awareness to your thoracic spine, then allow your arms to dance above your head, oiling your wrists and hands. Crossing the arms, awakening the arms, undulate opening as if you have a wing span, drawing your shoulders down, bend the elbow joints, expanding.

Come into fire mudra, ring finger and thumb, breathe with a rhythm finding lightness in your thoracic spine.

As your arms release come back up from oiling, feel your connection to your wrist follow your arms back to sit.

Close your eyes, breathe, listen, feel your sense of balance back to your feet.



Supported Side Angle

Feel your strong connection to your open feet, tap your inner thighs and wake them up. Come back to your breath rhythm.

Placing one hand to your heart and the other to your sacral chakra, feel your breath. Rest your lower arm between your knee and your inner thigh while taking your opposite fingertips to the top of your shoulder. Gently rotate the elbow towards the heart and away from your heart. As the arms lift, feel a oiling through your wrist, fingers, elbows and shoulders. Let the arm move freely above, like a half circle and back down very fluidly. Change sides.



Cat posture

Finding your stable base on all fours Knees hip width, long toes, strong hands. As you come into your arch bend through your elbows moving with momentum left and right as you dance into the arch. Keep your shoulders softened as you come back lighten again and draw your gaze forward with a little movement from the top of your head.

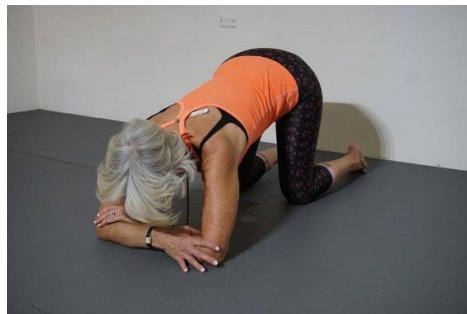
Staying playful, walk the arms to loosen, open the arms in and out without taking the spine.

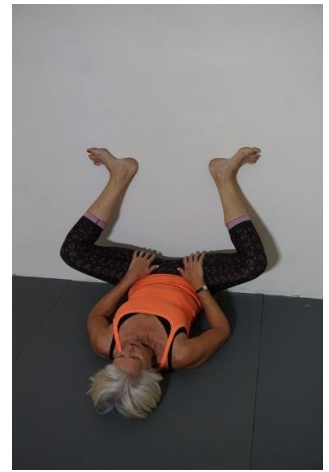
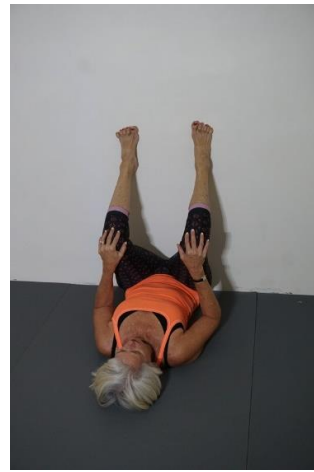
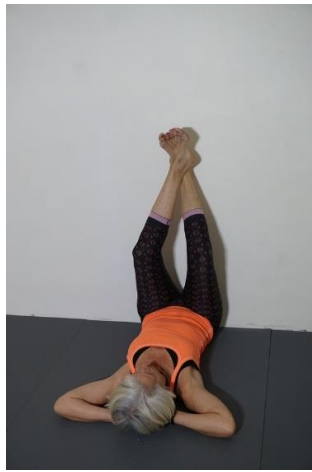
Push all your toes into the mat while lifting your knees, a few inches off the floor, bringing strength and stability back to your feet.

Spinal Rest

Enjoy the release, keeping your long spine, hold your elbows in front of you, thumbs on the inside fingers on the outside of the elbow. Rest the top of your forehead on your arms, rest your spine without collapsing in the centre.

Find your natural rhythm of breath, regaining lightness in release





Legs up the Wall

Resting your body, connecting with your natural rhythm, establishing new blood flow within your body, taking a rest.

Awareness of your spine beneath, feeling the natural space of your spine, keep the lightness by activating your circular momentum around the lumbar and the abdominals and back up to your thoracic spine.

Benefits, renewal of energy, lightness of being, restorative to the strong feet and legs which we use every day.

Supported Fish

Crossing your ankles, opening your knees and thighs, rest one heel on the wall. Take your open hands and support the base of your neck. Bring your awareness back to your breath with particular attention to your thoracic, (chest, sinus, nose)

Wall Squat

Resting your feet on the wall, keep your knees, thighs and hips as if you were still in the chair, cup your hands over your knees giving them some circular oiling. Feel the whole sole of the feet and spread your toes. Turn your feet out twice coming into a supported squat, tapping your thighs, connecting with your breath. Return with legs up the wall.



Head-To-Knee

As you come to sit, draw your strong sole of your foot to your inner thigh.

Gather your rib cage turning your hands up with some movement to your fingers, dangle forward as you lift your bottom.

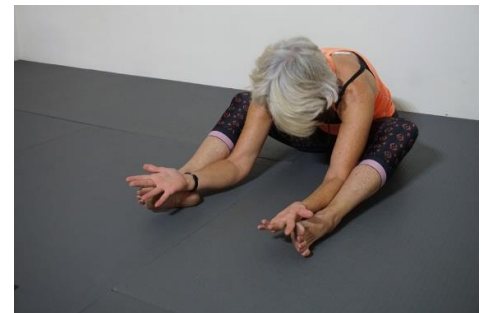
Open your arms, as if they were wings, freeing up the joints.

Come back to gathering your abdominals, on your wave, then your thoracic, another wave, third movement forward feel your neck and the base of your head. Then draw your open arms, releasing, unhinging moving forward taking the whole spine with you. Change sides.



Supported Tree

With chair support finding strength to your feet, maintaining balance, equilibrium and focus through concentration as you softly gaze forward. As you find your feet, broaden your toes, feel your stability through both feet. Place the heel of your foot above your ankle, bend and feel space between your knees and thighs. Start to oil your leg up to rest on your inner thigh, keep in touch with the connection of both your feet. Using the chair, with a light touch as you begin to feel more stable our hands come back into prayer over the heart. Keeping your gaze, listening to the sound of your breath. This pose strengthens knees and ankles, improving concentration and becoming more focused.



Open Forward Bend

Closing posture before Savasana. Opening out your feet, knees, thighs, come back to your awareness of your spine.

Draw your attention to your gathering of your abdominals, like a small wave, coming forward. Moving to your upper spine, taking your second small wave, opening the thoracic. Bringing your awareness to the top of the spine as the base of your neck and the top of the head are also light and open. Free up your arms and move your fingers, loosening, remembering the soft momentum as you move gently forward, awareness of the buttocks, a lightness beneath.

Follow the process with your breath, giving you more space coming forward with ease.



Savasana

Meditative conscious rest, allow your whole body to come back to your soft rhythm. Your sound, your listening, your connection to your body at this time. With conscious awareness to your breath, let your feet ease, followed by your lower legs, ankles, calves, knees, thighs and hips. Opening as you let go of your *First chakra*, roots, grounding, origins.

Moving into your *Second chakra*, abdominals, lumber, sacrum, lighten your tummy as your awareness senses softened circles to the front and back of your spine, drawing ease across your lower back. Sacral chakra, sense of sweetness, softness, and elimination.

Merging into your trunk, bring your awareness to the rib cage, left followed by the right. Visualise your internal release as the breath moves in and around your torso. The *Third chakra*, digestive fire cleansing, enabling lightness and ease as we move forward.

Finding your upper thoracic, heart and lungs. Our breath awareness, feeling warm and space across your chest to the front of your spine. More opening beneath you, between the shoulder blades to the back of your spine. *Fourth chakra*, awareness of love, joy, compassion, contentment, happiness, sadness, empathy, peace, nourishment back to your heart.

Fifth chakra, bringing your breath to the throat, neck, jaw and mouth, awareness of breath as an internal caress. Cleansing and healing support, your truth.

Sensing your skin on your face, outer layer, soft and fine, moving through whole face with a softened breath. Bring your attention back to your own rhythm, breath and insight. Listening to your own intuition, your own clear picture at this time. The *Sixth chakra*, perception, knowing, distribution of nourishment.

As we come to the top of our spine, our head is finding ease as the whole body rests. Awareness back down the spine, letting each part of your vertebrae peel its way back beneath you. The *Seventh chakra*, the soul, no correlation to specific organs, rather a protective support for the whole body.
