

Cynthia's Chair exercises have been adapted from Lakshmi Voelker Chair Yoga and the following illustrations belong to Lakshmi Voelker and are provided only to students of Cynthia's Strength and Balance Class at Providence Little Company of Mary. They are not to be duplicated or distributed.

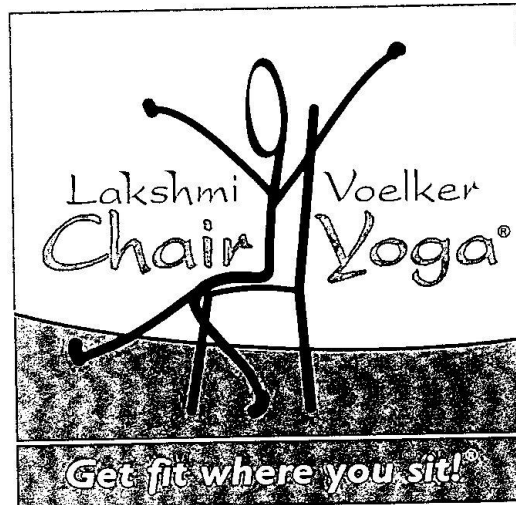
Sun Salutation

Energize

Hold each pose for one breath

Relax

Hold each pose for three breaths



Ten Minute Fitness Routines

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1. Sitting Mountain

Tadasana

Benefits – Physical

- Aligns spine
- Tones abdominal muscles and buttocks
- Opens Chest
- Improves posture
- Strengthens arches, ankles, knees and thighs

Benefits – Mental

- Improves focus
- Develops will power
- Reduces mild anxiety

Focus

- Forward

Precautions

- None

Counterpose

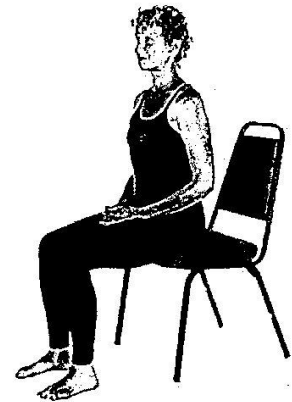
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Step-by-Step Instructions

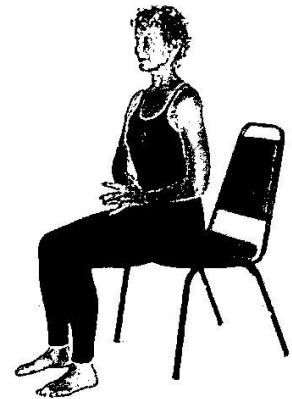
- 1 Sit near front edge of chair with feet parallel, hip width apart, right angle at hips, knees, and ankles
- 2 Press soles of feet down on floor
- 3 Anchor sit bones on chair
- 4 Lift crown of head towards ceiling to lengthen neck and spine
- 5 Engage inner thighs and abdominal muscles
- 6 Relax shoulders up, back, and down
- 7 Lift sternum with chin parallel to floor
- 8 Bring palms together placing knuckles of thumbs onto sternum
- 9 Sit up on chair and breathe!

Levels of Flexibility

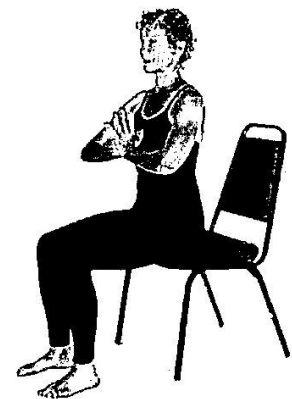
LOW



MODERATE



HIGH



MAT POSE



FRONT VIEW



Benefits – Physical

- Improves digestion
- Stretches the belly
- Stretches the shoulders and armpits

Benefits – Mental

- Helps relieve mild anxiety and calms the mind

Focus

- Forward

Precautions

- None

Counterpose

- None

2. Full Sitting Mountain

Urdhvahastasana

Step-by-step Instructions

- 1 Reach arms overhead shoulder width apart with palms facing one another; relax shoulders
- 2 Lift crown of head toward ceiling to lengthen neck and spine
- 3 Lift sternum
- 4 Engage thigh and abdominal muscles
- 5 Arch back slightly continuing to gaze forward reaching for the Sun.
- 6 *Inhale*

Levels of Flexibility

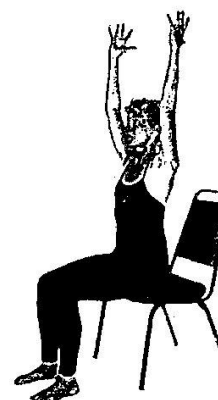
LOW



MODERATE



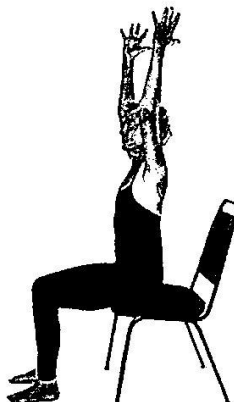
HIGH



MAT POSE



SIDE VIEW



Benefits – Physical

- Stretches the whole backside of the body, especially the hamstrings, calves and lower back.
- Creates more space in the hips, elongates the spine and increases flexibility.
- Stimulates the liver, spleen and kidneys
- Massages internal organs
- Increases blood circulations to legs, torso and head
- Strengthens the thighs and knees
- Improves digestion

Benefits – Mental

- Calms the mind and relieves stress and mild depression
- Reduces fatigue and anxiety

Focus

- Forward

Precautions

- None

Counterpose

- None

3. Flat Back

Uttanasana

Step-by-Step Instructions

- 1 Pivot forward at hips; lengthen neck and spine
- 2 Reach hands toward knees, shins, or floor bringing Sun toward or onto the floor. (those with hypertension keep hands by knees with the head gently lifted)
- 3 *Exhale*

Levels of Flexibility

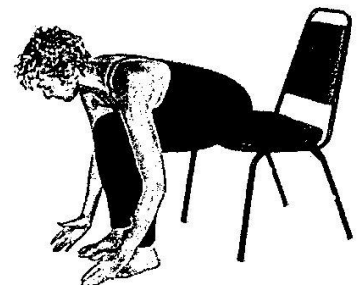
LOW



MODERATE



HIGH



MAT POSE



SIDE VIEW



Benefits – Physical

- Stretches, strengthens, and tones the leg muscles
- Softens the groin and hip muscles, releasing tension
- Relieves backache and sciatica
- Stimulates the stomach, spleen, and liver

Benefits – Mental

- Relaxes the mind

Focus

- Forward

Precautions

- None

Counterpose

- None

4. Lunge

Mandalasana

Step-by-Step Instructions

- 1 Place hands on knees; lift sternum lengthening spine
- 2 Draw shoulders back expanding chest
- 3 Draw right foot back approximately 6 inches resting on ball of foot
- 4 Lift chin slightly
- 5 Gaze forward
- 6 *Inhale*

Levels of Flexibility

LOW



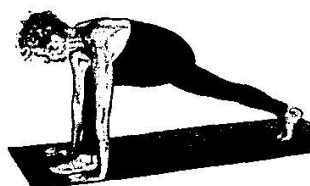
MODERATE



HIGH



MAT POSE



SIDE VIEW



5. Plank

Chaturanga Dandasana

Benefits – Physical

- Strengthens the arms, wrists and spine
- Tones the abdominal muscles

Benefits – Mental

- Develop confidence

Focus

- Forward

Precautions

- If you have wrist challenges, such as a Carpal Tunnel Syndrome or if you feel any pain in your wrists when practicing this yoga posture, go to a lower level of flexibility

Counterpose

- None

Step-by-Step Instructions

- 1 Bring left foot back approximately 6 inches in alignment with right foot resting on ball of foot; press balls of feet down onto floor
- 2 Engage thigh and abdominal muscles
- 3 Lift sternum
- 4 Lengthen arms from shoulders straight out in front of chest; flex hands at wrists
- 5 Hinge forward at hips
- 6 Press hands against imaginary wall in front of you
- 7 Gaze at backs of hands.
- 8 Exhale

Levels of Flexibility

LOW



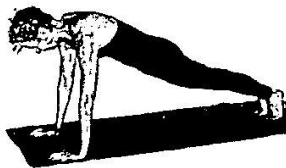
MODERATE



HIGH



MAT POSE



SIDE VIEW



6. Eight Point

Ashtanga Namaskara

Step-by-Step Instructions

Levels of Flexibility

Benefits – Physical

- Increases the flexibility of the spine
- Strengthens chest, shoulder and upper arm muscles

Benefits – Mental

- None

Focus

- Forward

Precautions

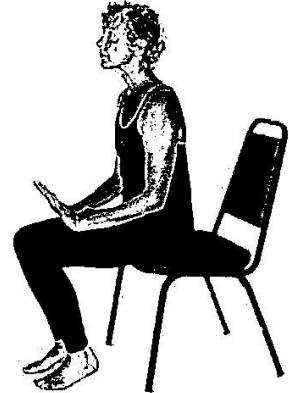
- Hip or lower back injury
- Any type of neck injury or muscle pull.
- Wrist injury
- High blood pressure or Hernia

Counterpose

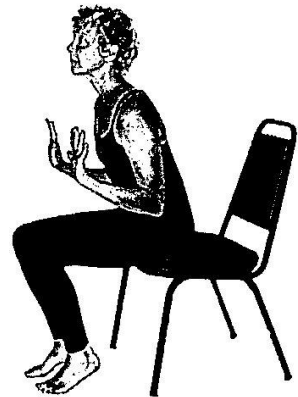
- None

- 1 Bring backs of hands to front of shoulders with elbows bent and close to sides remaining on balls of feet; jut chin forward
- 2 Press chin, palms, chest, knees and toes against imaginary wall in front of you.
- 3 *Exhale again*

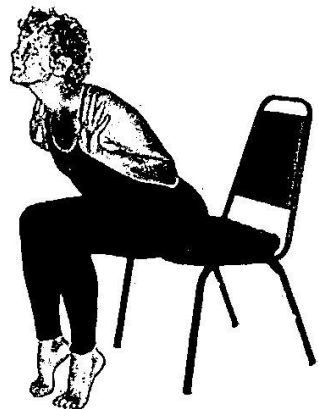
LOW



MODERATE



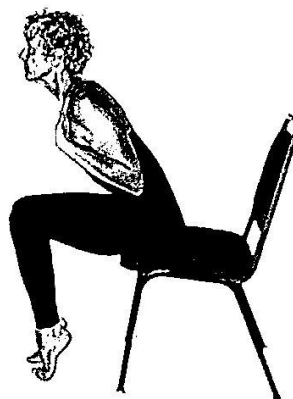
HIGH



MAT POSE



SIDE VIEW



7. COBRA

Bhujangasana

Step-by-Step Instructions

- 1 Stretch arms halfway out in front
- 2 Bring forearms bent at elbows against imaginary wall in front of you
- 3 Sweep chest and chin up
- 4 Bring shoulders back slightly
- 5 Gaze slightly upward.
- 6 *Inhale*

Three Levels of flexibility

LOW



MODERATE



HIGH



Benefits – Physical

- Strengthens the spine
- Stretches the chest, shoulders, and abdomen
- Firms the buttocks
- Increases body heat, destroys disease, and awakens kundalini
- Stimulates abdominal organs
- Opens the heart and lungs
- Soothes sciatica
- Therapeutic for asthma

Benefits – Mental

- Relieves stress and fatigue.

Focus

- Forward

Precautions

- Back injury
- Carpal Tunnel Syndrome
- Headache

Counterpose

- None

MAT POSE



SIDE VIEW



8. Downward Facing Dog

Adho Mukha Svanasana

Benefits – Physical

- Calms the brain and helps relieve stress and mild depression
- Energizes the body
- Stretches the shoulders, hamstrings, calves, arches, and hands
- Strengthens the arms and legs
- Helps relieve the symptoms of menopause
- Helps prevent osteoporosis
- Improves digestion
- Relieves headache, insomnia, back pain, and fatigue
- Therapeutic for high blood pressure, asthma, flat feet, sciatica, sinusitis

Benefits – Mental

- Builds confidence

Focus

- Forward

Precautions

- Carpal Tunnel Syndrome
- Diarrhea

Counterpose

- None

Step-by-Step Instructions

- 1 Lengthen legs, one at a time, out in front parallel to each other; flex feet at ankles (or keep knees bent)
- 2 Reach arms upward keeping arms beside ears
- 3 Lift and lengthen torso
- 4 Flex hands at wrists
- 5 Hinge forward slightly at hips
- 6 Press hands and toes against imaginary wall in front of you; engage thigh and abdominal muscles
- 7 Gaze at toes creating the letter V with body
- 8 *Exhale*

Levels of Flexibility

LOW



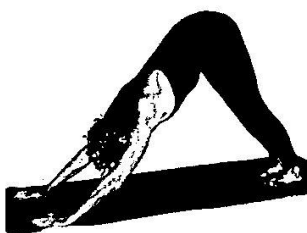
MODERATE



HIGH



MAT POSE



FRONT VIEW



Benefits – Physical

- Stretches thighs and strengthens and tones leg muscles
- Softens the groin and hip muscles, releasing tension
- Relieves backache and sciatica
- Stimulates the stomach, spleen, and liver

Benefits – Mental

- Relaxes the mind

Focus

- Forward

Precautions

- None

Counterpose

- None

9. Lunge

Mandalasana

Step-by-step Instructions

- 1 Place hands on knees; lift sternum lengthening spine
- 2 Draw shoulders back expanding chest
- 3 Draw left foot back approximately 6 inches resting on ball of foot
- 4 Lift chin slightly
- 5 Gaze forward
- 6 *Inhale*

Three Levels of flexibility

LOW



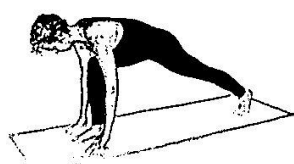
MODERATE



HIGH



MAT POSE



SIDE VIEW



10. Flat Back

Benefits – Physical

- Stretches the whole backside of the body, especially the hamstrings, calves and lower back
- Creates more space in the hips, elongates the spine and increases flexibility
- Stimulates the liver, spleen and kidneys
- Massages internal organs
- Increases blood circulation to legs, torso and head
- Strengthens the thighs and knees
- Improves digestion

Benefits – Mental

- Calms the mind and relieves stress and mild depression
- Reduces fatigue and anxiety

Focus

- Forward

Precautions

- None

Counterpose

- None

Uttanasana

Step-by-Step Instructions

- 1 Pivot forward at hips; lengthen neck and spine
- 2 Reach hands toward knees, shins, or floor bringing Sun toward or onto the floor. (those with hypertension keep hands by knees with the head gently lifted)
- 3 *Exhale*

Levels of Flexibility

LOW



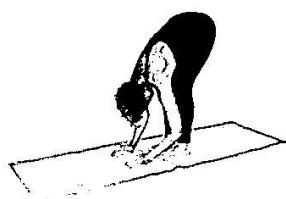
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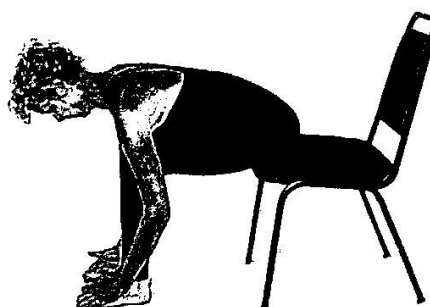
HIGH



MAT POSE



SIDE VIEW



11. Full Sitting Mountain

Urdhvahastasana

Benefits – Physical

- Improves digestion
- Stretches the belly
- Stretches the shoulders and armpits

Benefits – Mental

- Helps relieve mild anxiety and calms the mind

Focus

- Forward

Precautions

- None

Counterpose

- None

Step-by-step Instructions

- 1 Reach arms overhead shoulder width apart with palms facing one another; relax shoulders
- 2 Lift crown of head toward ceiling to lengthen neck and spine
- 3 Lift sternum
- 4 Engage thigh and abdominal muscles
- 5 Arch back slightly continuing to gaze forward reaching for the Sun.
- 6 *Inhale*

Levels of Flexibility

LOW



MODERATE



HIGH



MAT POSE



SIDE VIEW



12. Sitting Mountain

Benefits – Physical

- Aligns spine
- Tones abdominal muscles and buttocks
- Opens Chest
- Improves posture
- Strengthens arches, ankles, knees and thighs

Benefits – Mental

- Improves focus
- Develops will power
- Reduces mild anxiety

Focus

- Forward

Precautions

- None

Counterpose

- None

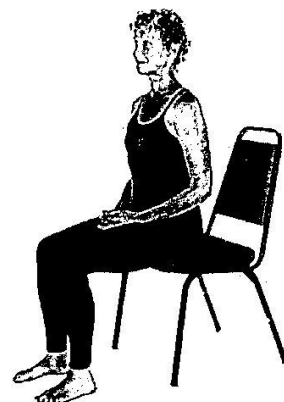
Tadasana

Step-by-Step Instructions

- 1 Sit near front edge of chair with feet parallel, hip width apart, right angle at hips, knees, and ankles
- 2 Press soles of feet down on floor
- 3 Anchor sit bones on chair
- 4 Lift crown of head towards ceiling to lengthen neck and spine
- 5 Engage inner thighs and abdominal muscles
- 6 Relax shoulders up, back, and down
- 7 Lift sternum with chin parallel to floor
- 8 Bring palms together placing knuckles of thumbs onto to sternum
- 9 Sit up on chair and breath!

Levels of Flexibility

LOW



MODERATE



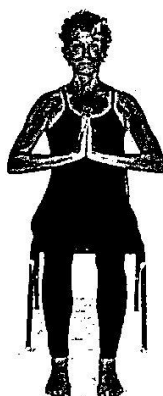
HIGH



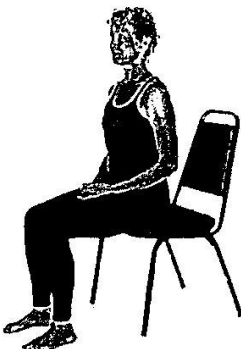
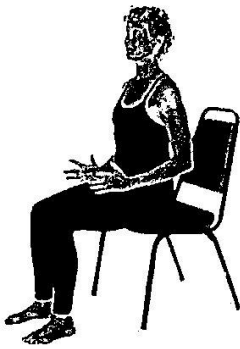

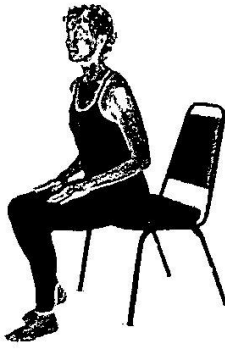


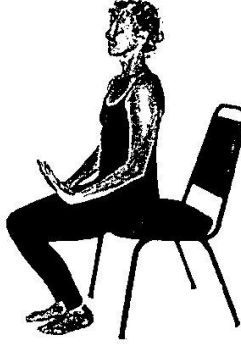


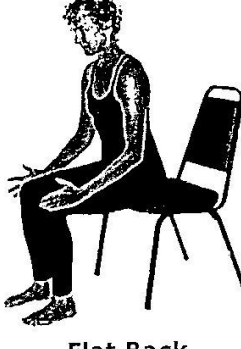
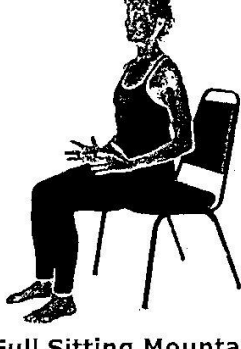
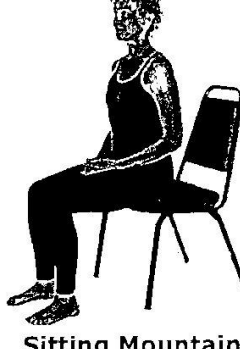
MAT POSE



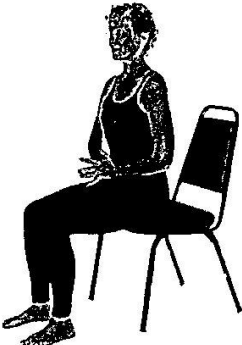
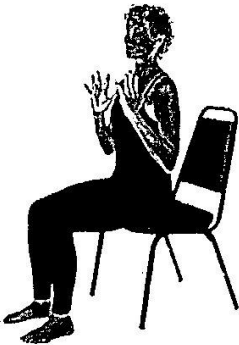
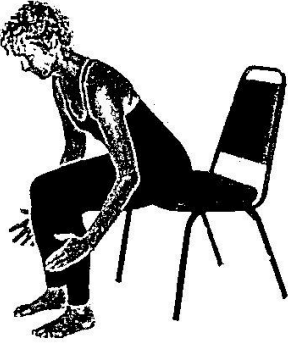
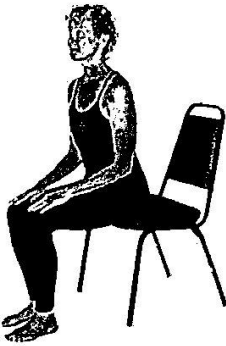
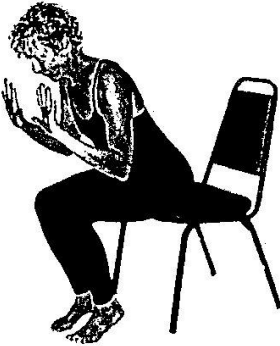




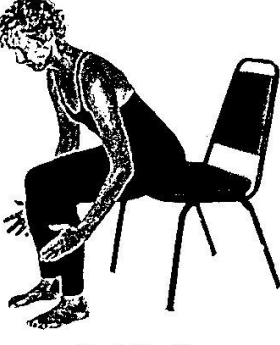
FRONT VIEW



Sun Salutation - Low Level of Flexibility

 <p>Sitting Mountain</p>	 <p>Full Sitting Mountain</p>	 <p>Flat Back</p>
 <p>Lunge</p>	 <p>Plank</p>	 <p>Eight Point</p>
 <p>Cobra</p>	 <p>Down Dog</p>	 <p>Lunge</p>
 <p>Flat Back</p>	 <p>Full Sitting Mountain</p>	 <p>Sitting Mountain</p>

Sun Salutation - Moderate Level of Flexibility

		
Sitting Mountain	Full Sitting Mountain	Flat Back
		
Lunge	Plank	Eight Point
		
Cobra	Down Dog	Lunge
		
Flat Back	Full Sitting Mountain	Sitting Mountain

Warrior Series



Start from
Sitting Mountain...



Peaceful Warrior



Turn to your right, slide and extend your left leg behind you pressing your heel back. Raise your arms above your head, arch your back slightly and look up slightly.

Proud Warrior

Open your arms out to the sides, torso facing forward, look over your right hand **dropping your left heel, toes forward.**



Angle Warrior

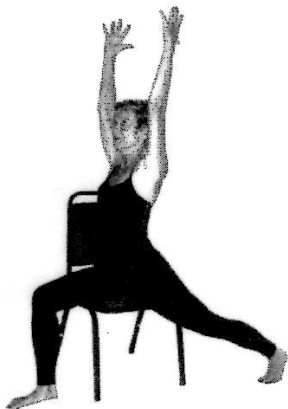


Right hand lowers to knee, shin, ankle, or floor. Look up slightly.

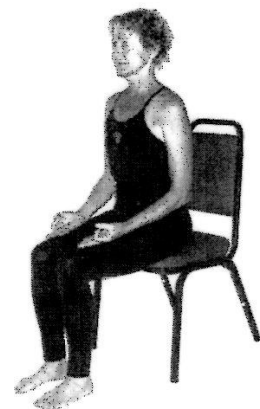
Return to
Proud Warrior



Into
Peaceful Warrior



Into
Sitting Mountain

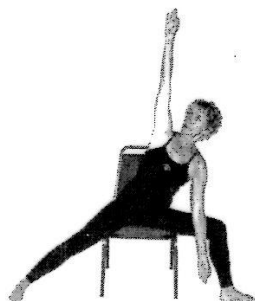




Repeat this sequence on left side with your right leg extended behind you.

Peaceful Warrior

Into **Proud Warrior...**



Into **Angle Warrior...**

Back to **Proud Warrior...**



Into **Peaceful Warrior...**



Ending with **Sitting Mountain Wave Relaxation** using the sound of the ocean waves to relax your body/mind.



The Eagle



Cross your right leg over your left. Cross your right arm over your left, bend your elbows and bring your right hand towards your left hand, palms together.

Unwrap your arms and unfurl your wings. Cross your left leg over your right. Cross your left arm over right, bend your elbows and bring your left hand towards your right hand, palms together.

Unfurl your wings keeping arms extended, uncross your legs and...

Return to **The Dancer** with the right hand up and left arm down.

