



## Nafsi Generations Yoga: Chair Flow I

For those practitioners who continue to work with balance challenges, a chair can be a very useful tool in any Yoga session. Many adaptations are possible when using a chair in your practice including vinyasa flows!



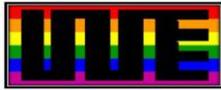
This sequence has a foundation in a basic Sun Salutation. Practice the sequence with the appropriate breath cues (in and out through the nose). The main contraindications concern focus on low back issues the practitioner has; a taller chair can be used to alleviate the deeper forward folds required using a basic folding chair (for those of you with low back pain). Keeping the knees 'soft' (slight bends) also takes pressure off of the lower back. Once you get the 'feel' for this sequence, you can deepen your practice by extending and lengthening your torso in each step.

### *The sequence:*

1. Stand in front of the chair; focus on your breath and center
2. Inhale your arms overhead.
3. Exhale and forward fold to place your hands on the chair (keep knees soft)
4. Inhale – arch torso upwards and lengthen the legs, tightening the quadriceps
5. Exhale – take your right leg back about two feet<sup>1</sup>
6. Inhale- slightly bend your front (left) leg and arch your torso upwards (similar to Warrior I)
7. Exhale- Straighten the front leg and bring your torso down to the chair (similar to Parsvatanasana)
8. Inhale- bring the back leg to the front and raise the torso slightly.
9. Exhale- take your left leg back about two feet
10. Inhale- slightly bend your front (right) leg and arch your torso upwards (similar to Warrior I)
11. Exhale- Straighten the front leg and bring your torso down to the chair
12. Inhale- bring your back leg to the front and slightly raise your torso.
13. Exhale- forward fold your torso close to the chair seat
14. Inhale- lift your torso and raise your arms overhead inhaling the entire distance
15. Exhale- bring your arms to the sides.

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<sup>1</sup> The distance you take your foot back depends upon hip flexibility and balance; find your comfort distance.



## Nafsi Yoga



1. Stand in front of the chair (about 12-16" away); focus on your breath: center.



2. Inhale your arms overhead [Shoulder issues? Draw your hands up your centerline as you extend and inhale]



3. Exhale and forward fold to place your hands on the chair (keep knees soft).



4. Inhale – arch torso upwards and lengthen the legs, tightening the quadriceps and draw your shoulder blades together.



5. Exhale – take your right leg back about two feet.<sup>2</sup>



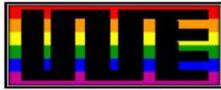
6. Inhale- slightly bend your front (left) leg and arch your torso upwards (similar to Warrior I). Keep the arms lengthened and draw your shoulders back.



7. Exhale- Straighten the front leg and bring your torso down to the chair (similar to Parsvatanasana). If the front leg proves a bit tight, keep a small bend in it. Draw your stomach in to help support your back.

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<sup>2</sup> The distance you take your foot back depends upon hip flexibility and balance; find your comfort distance.



## Nafsi Yoga



8. Inhale- bring the back leg to the front and raise the torso slightly.



9. Exhale- take your left leg back about two feet.



10. Inhale- slightly bend your front (right) leg and arch your torso upwards (similar to Warrior I).



11. Exhale- Straighten the front leg and bring your torso down to the chair.



12. Inhale- bring your back leg to the front and slightly raise your torso.



13. Exhale- forward fold your torso close to the chair seat.

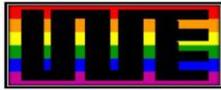


14. Inhale- lift your torso and raise your arms overhead inhaling the entire distance.



15. Exhale- bring your arms to the sides.

...Repeat 😊



## Nafsi Yoga

This sequence will work well not only for those who have a hard time getting onto the floor to do a typical ‘Sun Salutation,’ but do not forget about a hard day behind a desk--- office workers will find as much viability with the this ‘quick revival’ as anyone!

Remember, make variations with this sequence as befits your body --- pain in any form should not be a factor; some discomfort from tight muscles is...well, par for course.<sup>3</sup>

Remember to breathe on each movement and have fun with the sequence--- and do not forget to share it with any and everyone!



*Thank you Benicia!*

Learn more and ask questions at: [www.nafsiyoga.com](http://www.nafsiyoga.com)

**Get Bent,  
Do Yoga!**

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<sup>3</sup> “Par for Course” is a golf reference.....in case you did not know. And no, I do not play golf....just seen it on T.V. ☺