

# Chair Yoga

Something to do while sitting! First focus on your breathing. Take a deep breath in through your nose and out through your mouth making a Haaaaa sound. This tells your body it's time to relax. Next follow the steps below in order stretching only as far as you are comfortable.

1. Rub hands together until they are warm. Then rub them on your face gently massaging the muscle under the skin.
2. Take a big belly breath and exhale with a Haaaaa.
3. Push your chin out, hold it and repeat several times.
4. Squish your eyes shut, hold them, then open them wide, hold it and repeat several times.
5. Pinch your shoulders to you ear, reach your fingers to the floor, hold it and repeat.
6. Roll your shoulders forward several times, then backward several times..
7. Hold your arms in front of you, open and close your hands until they get tired.
8. Close your hands and do wrist circles to the right and then to the left.
9. Cross your arms across your chest and give yourself a hug then lift your elbows to the ceiling.
10. Time to take another belly breath.
11. Hands behind your back fingers interlaced, push the palms to the floor.
12. Hands over head, fingers interlaced and stretching for the ceiling.
13. With hands overhead, pull belly in and slowly tilt from side to side.
14. With hands in lap, extend right leg and rotate ankle clockwise then counter clockwise.
15. Return leg to the floor and massage as far down as you can go.
16. Take a big belly breath.
17. Repeat with left leg and don't forget to take a belly breath at the end.
18. Extend both hands and feet and make fists with both until fatigued.
19. Sit up straight, close eyes, relax hands, arms and legs and take two large belly breaths – remember to Haaaaa.
20. Open your eyes and ask yourself, "How do I feel?"