

Chair Yoga Adapted from:

12 Chair Yoga Poses for Stress and Posture- PureWow

<https://www-purewow-com.cdn.ampproject.org/c/s/www.purewow.com/wellness/chair-yoga-poses?amphtml=true>



UJJAYI Breathing



Cat/COW Pose



Sun Salutation Arms



Sun Salutation with Twists



Assisted Neck Stretches



Forward Fold

