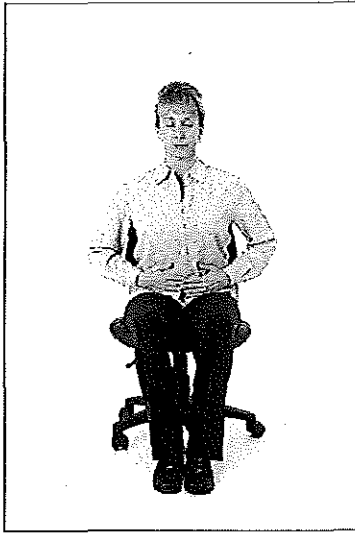


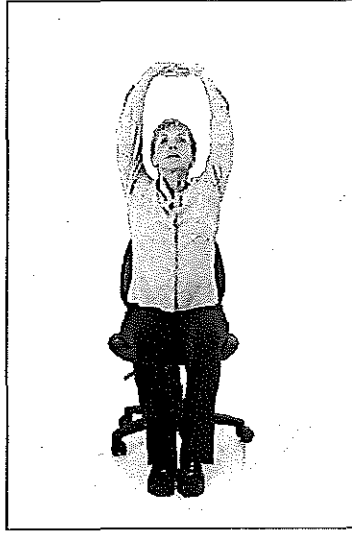
# CHAIR EXERCISES SIX DIRECTIONS OF THE SPINE



The Chopra Center  
**WORKPLACE  
WELLBEING  
PROGRAMS**



1. COMPLETE BREATH  
(6-10 Breaths)



2. ARMS UP  
Inhale

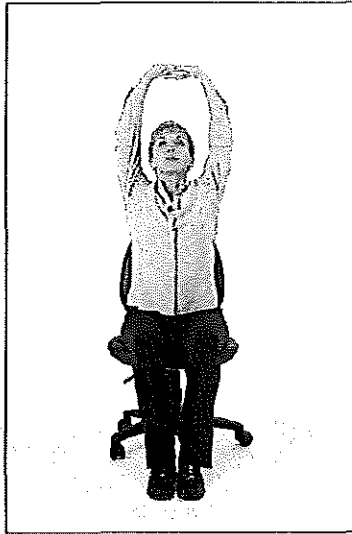


3. ARMS DOWN  
Exhale

[ Repeat 2 & 3 - 3 to 6 times ]



4. SIDE BEND RIGHT  
Exhale

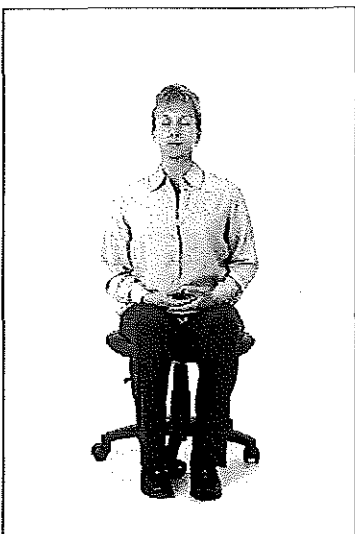


5. CENTER  
Inhale

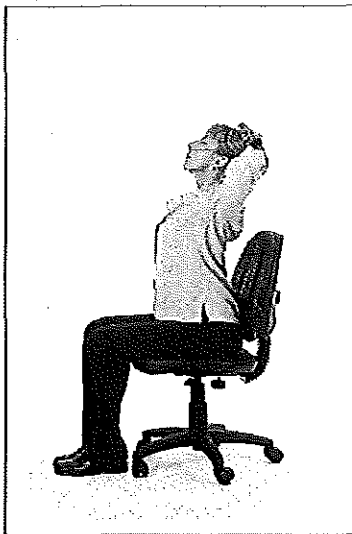


6. SIDE BEND LEFT  
Exhale

[ Repeat 4, 5 & 6 - 3 to 6 times ]



7. REST



8. BACK BEND  
Clasp Hands Behind Head  
Inhale



9. FORWARD BEND  
Exhale

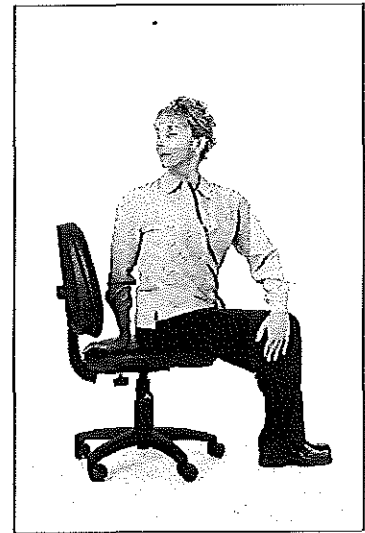
[ Repeat 8 & 9 - 3 to 6 times ]



10. ARMS UP  
Inhale



11. REST



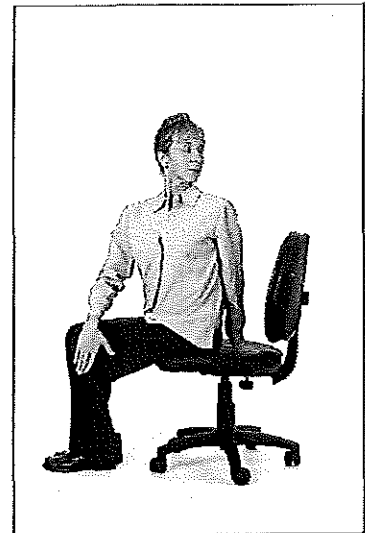
12. TURN RIGHT  
(Complete Breath 3-6 times)



13. ARMS UP  
Inhale

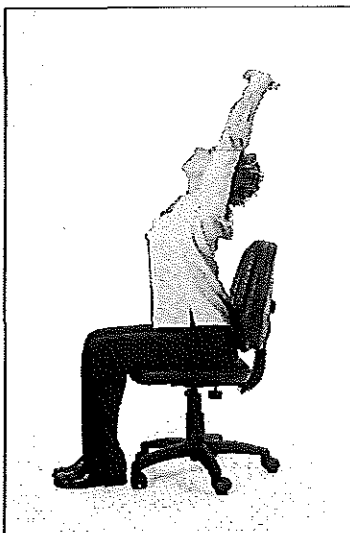


14. ARMS DOWN  
Exhale

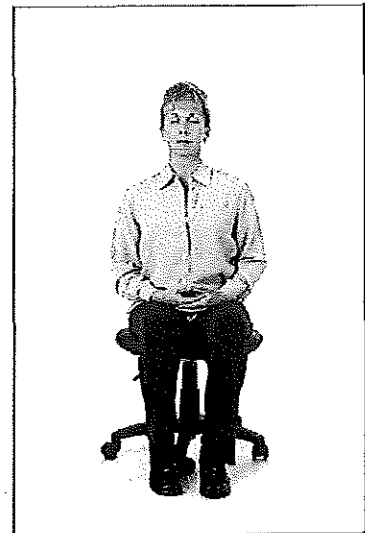


15. TURN LEFT  
(Complete Breath 3-6 times)

[ Repeat 10, 11, 12, 13, 14, 15 ]



16. ARMS UP  
Inhale



17. RELAXATION  
3-5 minutes