



A

Sun Salutations in a Chair

We believe that the sun salutations provide such benefit, we have developed a modified version that can be performed in a chair. You can perform these modified sun salutations while riding as a passenger in a car on an extended road trip, sitting at your desk at work, or flying in an airplane. These poses relieve tension in your spine, enhance circulation, and ease soreness in your muscles.

(A) Begin with the salutation pose by sitting comfortably in your chair with your spine upright and your hands at your chest breathing easily.

(B) Inhaling, reach upward with both hands into the sky reaching pose, extending your spine.

(C) Bending forward into the hand to feet pose, lay your chest on your knees and allow your hands to rest alongside your feet. Exhale.



B



C

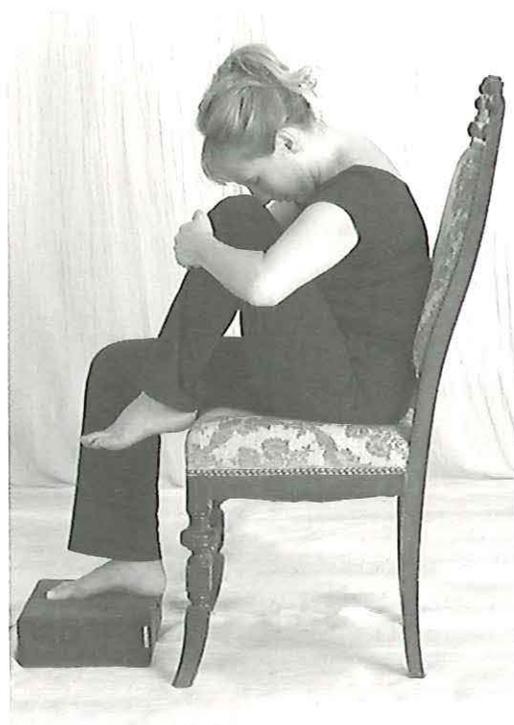


D

(D) Arching your back into the extension pose, pull your left knee up, while looking toward the ceiling. Inhale.

(E) Partially exhale while bringing your chin down toward your left knee into the flexion pose, gently rolling your back forward.

(F) Again flex forward into the hand to feet pose with your chest on your knees and your hands on the floor next to your feet. Exhale fully.



E



F



G

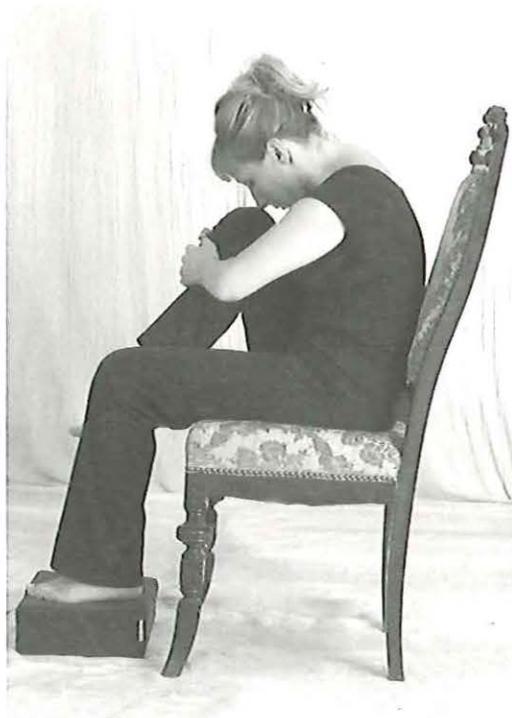
(G) With your hands and arms remaining down by your legs, arch your back and neck into the cobra pose, while inhaling partially.

(H) Now, fully inhale as you bring your right knee up into the Extension pose while extending your back in a gentle arch.

(I) Partially exhale as you bend forward into the flexion pose, bringing your chin to your right knee.



H



I



I

(J) Fully exhaling, bend forward into the hand to feet pose with your chest on your knees, your neck flexed, and your arms along your legs.

(K) Stretch upwards into the sky reaching pose, extending your spine while fully inhaling.

(L) Return to the resting salutation pose with your hands at your chest, breathing easily.



K



L