

Practice	Technique	Breathing	Time or no of rounds
Sit in a straight-backed chair without leaning against the back if possible. Feet may be on blocks. All movements coordinated with breathing.			
<u>Arm stretch breathing</u>	<ol style="list-style-type: none"> 1. Hands palms down on thighs. Inhale & raise arms to shoulder level, awareness on abdominal breath 2. Raise arms to shoulder level in front, palms facing each other. Inhale, widen arms; exhale close arms. Awareness in mid chest breath 3. Arms to shoulder level again, palms facing up. Inhale raise arms beside ears. Exhale bring down. Awareness in upper chest breath 		3 rounds of each
<u>Joint mobilisation</u> <u>PMA 1</u>	<ol style="list-style-type: none"> 1. Lift one leg so it is horizontal. Bend and stretch toes; toe pointing & ankle flexing, ankle rotation x 5 one foot then repeat other foot 2. Both legs lifted toe pointing x 5 	Quiet and subtle	5 rounds of each onw
<u>Chair leg lock pose</u>	<ol style="list-style-type: none"> 1. Lift one foot on to chair seat if possible. Breathe IN then as breathe OUT draw knee closer to abdomen. Repeat x 2 then 2. Seated twist: opposite arm round knee, same arm round back of seat. Inhale lengthen spine, exhale turn to look over shoulder. 3. Repeat 1 & 2 with other leg 		3 rounds
<u>Chair boat pose</u>	In stages <ol style="list-style-type: none"> 1. Inhale deeply, lift feet from ground and also arms. Exhale release. 2. Inhale, lift both legs up and both arms, firming core. 		<ol style="list-style-type: none"> 1. 3 rounds 2. Hold 3 breaths
<u>Chair utkatasana</u>	<ol style="list-style-type: none"> 1. Sit forward in chair if possible. Inhale & raise arms above head, keeping them shoulder width apart. Arch spine a little 2. Exhale & have a sense of pushing sitting bones into chair seat. 3. Hold the position for 3 breaths then lower arms & release 		1 minute
<u>Forward fold</u>	Fold forwards over thighs, arms long, palms facing upwards. May need blocks under hands. Head relaxes, breathing slows, mind calms.		Stay 5 breaths
<u>Chair cobra pose</u>	Sit with palms facing forwards at shoulder level, elbows tucked in to sides. Chin down. Inhale lift chin, stretch front of neck, pushing hands against an imaginary wall Exhale, lower chin, bring spine to straight (don't round it)		5 rounds
<u>Seated Warrior 1</u>	Sit sideways on chair seat. Inhale and raise arms in front at shoulder level, or higher if possible. Lean forwards slightly. Keep head, neck and spine in alignment. Stretch one leg back as straight as possible and place toes on ground. Breathe		Hold 3 breaths each side

<i>Practice</i>	<i>Technique</i>	<i>Breathing</i>	<i>Time or no of rounds</i>
<u>Seated swaying palm tree pose</u>	Sit facing front, hands clasped on thighs. Inhale; raise arms up in front as high as possible. Exhale sway to right. Inhale return to centre. Exhale sway to left. Inhale return to centre, exhale lower hands to lap. This is one round.		3 rounds
<u>Shoulder shrugs /wheels</u>	<ol style="list-style-type: none"> 1. Fingers on shoulders; elbows meeting in front. Inhale and lift elbows up as high as you can. Exhale & bring elbows back down in a wide shoulder circle. 2. Inhale & shrug both shoulders as high towards ears as possible. Exhale and let them drop and relax 		3 – 5 rounds of each
<u>Neck movements</u>	<ol style="list-style-type: none"> 1. Exhale to lower chin, inhale to lift and stretch throat gently 2. Head turning horizontally side to side 3. Later stretch of neck, ear towards shoulder 		3 x each one
<u>Seated breath awareness</u>	Full yogic breathing. Awareness in abdominal, mid-chest & upper chest breathing with slow inhale and exhales.		5 rounds
<u>Relaxation</u>	Seated or lying		