

CHAIR & SEATED YOGA POSES

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Practice each pose using your breath, hold between 3-5 breaths.

SEATED FLOOR POSES

1 Easy Seat



2 Staff



3 Seated Fold



4 Butterfly



5 Cow Face



6 Hero



7 Firelog



8 Wide Fold



9 Seated Twist



10 Half Lotus



CHAIR POSES

11 Seated Cat-Cow



12 Seated Pigeon



13 Seated Eagle



14 Chair Twist



15 Chair Forward Fold



16 Chair Side Angle



17 Chair/Table Down Dog



18 Seated Savasana



Seated Yoga

R Barnett



Seated Yoga:

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