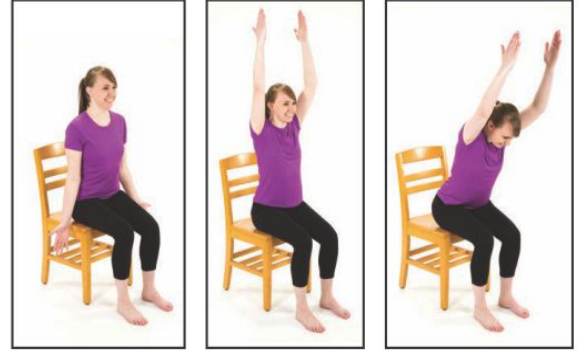


Chair Yoga Exercises

Helicopter



Half-Forward Fold



Mountain



Side Bend



Knee Hug



Cow/Cat



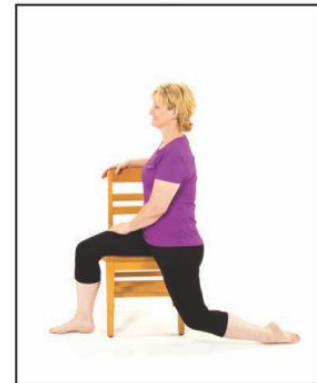
Hamstring Stretch



Gluteal Stretch



Quadriceps Stretch



Reverse Chair



Warrior Series

