

# CHAIR YOGA POSES

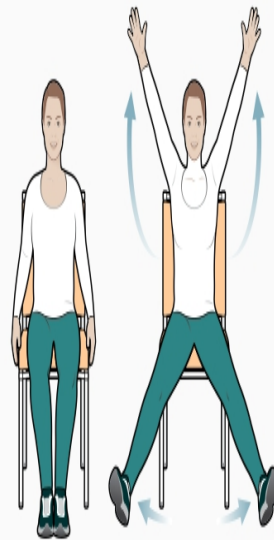
GET READY



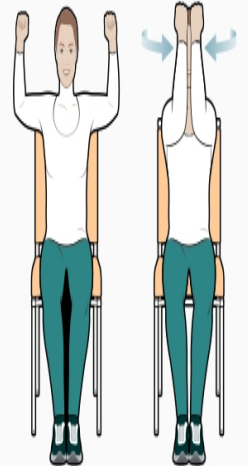
MARCH IN PLACE



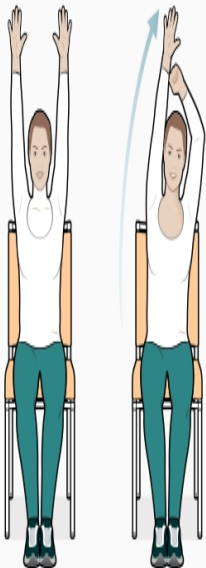
SEATED JUMPING JACK



DO THE PEEKABOO



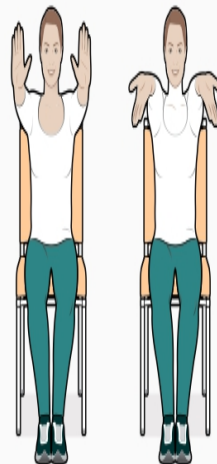
RELEASE SOME TENSION



MOVE YOUR JOINTS



FOCUS ON EXTREMITIES



GET HEAVY

