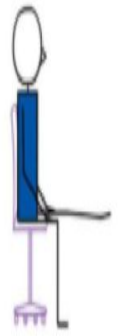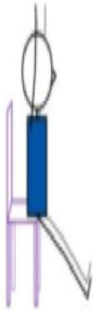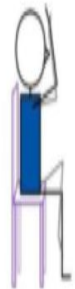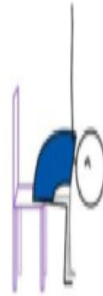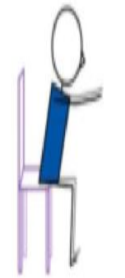|		
Chair Heart Centre	Chair Up Dog	Chair Arms Out
Chair Side Bend I	Chair Arm Circles	Chair Ankle Curl
Chair Down Dog Arms Up	Chair Eagle	Chair Arms Heels Up
Chair Twist Fold Right	Chair Twist Fold Left	Chair Arms Up Toes Up
Chair Blast Offs	Chair Lunge I	Chair Abdominal Breath

Chair Yoga For Seniors