

# Chair Sequence Explanation

## Instructions

### Chair Pose 1

- **Sit on the chair**
- **Place your arms behind the back of the chair**
- **Breathe in**
  - ❖ **Bend your back backwards**
  - ❖ **Push your chest out**
  - ❖ **Bend your head/neck backwards**
- **Breathe out**
  - ❖ **Get your arms forward**
  - ❖ **bend /fold your upper body downwards (towards the floor)**
  - ❖ **Move your head downwards towards the floor**
  - ❖ **Move your arms towards the floor**
- **Repeat this for a few times following the rhythm of your breath**

### Chair Pose 2

- **Sit on the chair**
- **Lift one leg and bend the leg**
- **Place the foot on the other leg (above/before the knee)**
- **The knee of the bent leg should be facing/pointing to the side**
- **With your hand, gently press/push the knee of the bent leg down**
- **Repeat this for a few times, changing legs**

### **Chair Pose 3**

- **Stand up behind the chair**
- **Stretch your arms forward and hold onto the chair**
- **Step back till your arms are straight/stretched**
- **With a straight back bend/fold forward till you come in line with the chair**
- **Make a straight line with your hands, arms, back**
- **Stay here for a few moments and repeat this movement**

[https://www.youtube.com/watch?v=XbzDlaL\\_3zk](https://www.youtube.com/watch?v=XbzDlaL_3zk)