

# GENTLE CHAIR YOGA-RELAX AND REJUVENATE

**GENTLE CHAIR YOGA** IS AN ACTIVITY WHERE THE CHAIR REPLACES THE YOGA MAT, BECOMING AN EXTENSION OF THE BODY. FROM A SEATED POSITION, GENTLE YOGA STRETCHES ARE COMPLETED TO RELAX AND REJUVENATE THE BODY.

-an easy 5-MINUTE STRETCH FOR ANYTIME

- an activity for everyone

## BENEFITS

- INCREASED BALANCE AND FLEXIBILITY
- IMPROVED MUSCLE TONE AND STRENGTH
- BOOSTED MOOD AND MENTAL WELL-BEING
- BETTER MANAGEMENT OF CHRONIC CONDITIONS
- REDUCED STRESS
- BETTER SLEEP

## HERE ARE SOME EASY STRETCHES TO REFER TO:

- CHAIR FORWARD FOLD
- CHAIR COW STRETCH
- CHAIR CAT STRETCH
- CHAIR SIDE ANGLE (DO BOTH SIDES)

