

Chair Yoga with Jacqui

Narrator: (Jacqui)

Hi everybody, Jacqui here. I'm gonna show you a six-pose chair yoga workout that you can do anytime. It's very gentle and it will help you start your day, or it will relax you to end your day.

We're gonna start out with a mountain pose. Simply bring your arms out...shoulders down.

Take your three breaths here. Big deep lung filling breaths, inhaling and exhaling. And then sweep the hands up into warrior one. Interlace your fingers as you point your index fingers, draw your shoulders down down down. Your six bones are anchored, and you can feel this in your core. Then sweep your hands down. Remember, each pose should be held for three to five breaths. Re-lace your fingers. Lift your chin, lift your chest, press your palms together. Big deep breath here and then we're going to take it to a single leg stretch. Lean forward as comfortably as you can go, lifting your hands. Rise back up and now do the other side. Again when you do this on your own make sure you hold it for at least three to five breaths. Deep deep deep lung filling breaths. Then come back up and now release your arms. I'm going to do a nice gentle twist. One arm goes behind, other arm forward. You're turning your head towards your hands behind you and then the other way. Each pose held for those three to five breaths. I'm looking behind me, stretching my fingertips along, pulling my navel in and then lean forward and relax.

And then roll back up and that's all it takes just to start your day or end your day.