

Chair Yoga & General Mobility

Seated

- Cat/Cow
- Extend Arms to Ceiling
- Field Goal/Rotator Cuff
- Gators
- T-Stretch
- Head Rolls
- Look Left/Right
- Lateral Neck Stretch
- Seated Forward Fold
- Seated Extended Side Angle
- Pigeon
- Eagle
- Spinal Twist

Standing

- Warrior I
- Warrior II
- Reverse Warrior
- Goddess Squat
- Wide Stance Forward Fold
- Calf Stretch

Seated

- Wrist Stretch
- Triceps Stretch
- Butterfly
- Ankle Plantar Flexion/Dorsiflexion
- Ankle Circles
- Deep Breathing/Reset