

Move: Seated Exercises



Chair Cat/Cow

1. Sit in Seated Mountain with hands on knees. You can either keep your hands on your knees throughout the exercise, or interlace fingers and press the palms away from you.
2. As you inhale, reach the center of your chest up toward the ceiling, and lift your chin so that you are looking at the ceiling. If you have interlaced your fingers, reach your arms overhead. (Cow)
3. As you exhale, round your spine and drop your chin toward your chest. If hands are overhead, in the same movement bring your hands forward until arms are parallel with the floor. (Cat)
4. Repeat for several breaths: inhale, chest up, gaze lifts. Exhale, round the spine, chin tucks, gaze drops.
5. Return to Seated Mountain.



Move: Seated Exercises



Chair Eagle

1. Sit in Seated Mountain.
2. You can keep both feet on the floor, or cross your right thigh on top of your left.
3. Inhale and bring your arms up with elbows bent and palms facing forward (cactus arms).
4. Exhale and keeping arms bent, try to cross your left elbow on top of your right.
 - If the elbows don't cross, rest right palm on left shoulder and left palm on right shoulder.
 - If the elbows do cross, see if you can touch the back of your hands together.
 - If backs of hands are touching and you have further to go, see if you can bring palms together.
5. Make sure the position you have chosen gives you a comfortable stretch. If you like, you can inhale and lift the elbows to deepen the stretch. Fingers reach toward the ceiling.
6. Look at your thumbs and take three relaxed breaths.
7. Release on an exhale.
8. Repeat second side (Both feet on floor, right arm on top; or left thigh on top, right arm on top).

