# Chair Yoga at Work

Marguerite Ham

1. Chair Mountain Pose • Chair Tadasana

2. Chair Neck Rolls B

3. Chair Neck Stretch

4. Chair Neck Stretch

5. Chair Seated Side Stretch Pose

6. Chair Seated Side Stretch Pose

7. Chair Seated Twists

8. Chair Seated Twists

9. Chair Cat Cow Pose • Chair Marjaryasana Bitilasana

10. Chair Mountain Pose • Chair Tadasana

11. Mountain Pose Raised Hands Chair • Tadasana Urdhva Hastasana Chair

12. Seated Cactus Arms Chair

13. Mountain Pose Raised Hands Chair • Tadasana Urdhva Hastasana Chair

14. Seated Forward Fold Pose on Chair

15. Easy Pose Chair One Leg Opposite Arm Raised • Sukhasana Chair Urdhva Eka Pada Eka Hasta

16. Easy Pose Chair One Leg Opposite Arm Raised • Sukhasana Chair Urdhva Eka Pada Eka Hasta

17. Seated Low Lunge Variation Chair • Anjaneyasana Variation Chair

18. Seated Low Lunge Variation Chair • Anjaneyasana Variation Chair

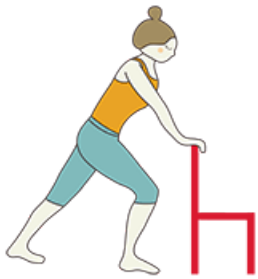
19. Knee Head Down Chair

20. Knee Head Down Chair

21. Chair Pigeon Pose • Chair Kapotasana

22. Chair Pigeon Pose • Chair Kapotasana

23. Boat Pose Variation On Chair • Navasana Variation On Chair



24. High Lunge Chair

25. High Lunge Chair

26. Dancer Pose With Chair • Natarajasana With Chair

27. Dancer Pose With Chair • Natarajasana With Chair

28. Chair Mountain Pose • Chair Tadasana

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