


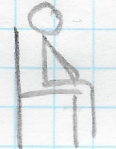



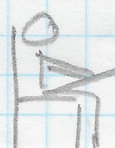
Introduction to Chair poses |


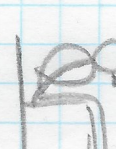
1.  Awareness

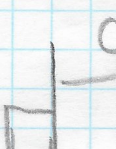
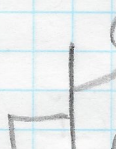
2.  \leftarrow IN \rightarrow EX  R side 4x
L side 4x
pause


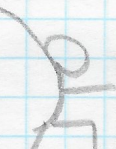
3.  EX push down through feet
progressively draw belly in



4.  \leftarrow IN \rightarrow EX  R Side 4x
L Side 4x


 \leftarrow IN \rightarrow EX  4x each side
Point/Flex/Circle ankles

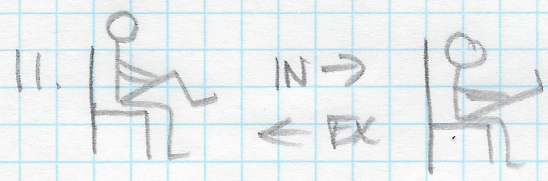
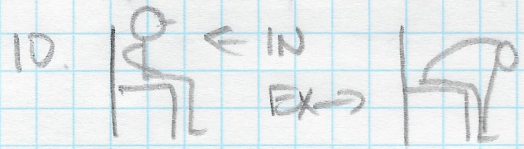
5.  \leftarrow IN \rightarrow EX 

6.  \leftarrow IN \rightarrow EX  4x each side

7.  \leftarrow IN \rightarrow EX 

8.  \leftarrow IN \rightarrow EX 

9.  \leftarrow IN \rightarrow EX  out twist



12. Self massage

13. Joint Rotations