



A Touch Yoga Chair Practice

To help you move into joy...

<p>1. Diaphragm breathing. 3-6 breaths.</p>	<p>2. Chair Neck Rolls B</p>	<p>3. Massage ears releasing feel good endorphins.</p>	<p>4. Circle Of Joy</p>	<p>5. Stir the pot.</p>	<p>6. Chair Upward Hand Stretch Pose @ Chair Urdhva Hastasana</p>	<p>7. Chair Seated Side Stretch Pose</p>
<p>8. Massage lung points.</p>	<p>9. Chair Cat Cow Pose @ Chair Marjaryasana Bitilasana</p>	<p>10. Seated Cactus Arms Flow Chair</p>	<p>11. Cobra Pose Chair @ Bhujangasana Chair</p>	<p>12. Massage the knees and behind the knees.</p>	<p>13. Seated With Eagle Arms On Chair</p>	<p>14. Seated Backbend With Eagle Arms In Chair</p>
<p>15. Chair Flexing Foot Pose</p>		<p>16. Tapping the middle of the sternum 'Thymus Thumping'.</p>	<p>17. Diaphragm breathing. 3-6 breaths.</p>			

This wonderful, Touch Yoga chair practice will not only improve your flexibility, concentration, and strength, it will also uplift your mood by releasing feel good hormones, endorphins, reduce stress and also joint strain.

Try to do this practice on a daily basis and you will soon begin to feel and breathe better as you improve your health and wellbeing.

Practice each move for 5-10 breaths or just listen to the body and stay in the pose for as long as it feels good to you. Remember this is your practice, so be in the moment with awareness and the breath and most of all enjoy that you're taking the time out for YOU..

Namaste



YOGATARIAN

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TOUCH YOGA

