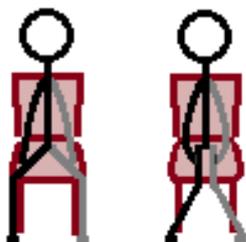


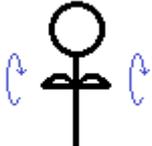
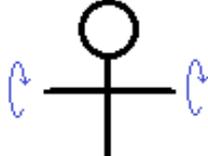
CHAIR-BASED HOME PRACTICE PLAN

The yoga practices in this plan will take approximately 30 minutes. Additional time is needed if you plan to include a relaxation practice.

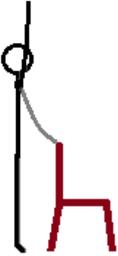
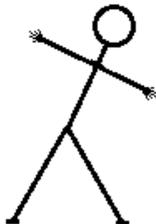
Pose	Instructions	Practice notes
Seated	<ol style="list-style-type: none">1. Come towards the front of your chair so that your feet are flat on the floor. If needed, place a rolled up blanket or towel, or some under bolster under your feet for support.2. Have the feet about hip width apart with the knees above or behind the ankles, and the knees in line with the hips.3. Feel that the tailbone is extending towards the ground and gently engage the lower abdominals.4. Lengthen up through the trunk, allowing each vertebra of the spine to sit on the one below.5. Roll the shoulders down and back, opening up the chest. Let the hands rest in the lap or on the thighs.6. Ensure the neck is long by drawing the chin a little towards the chest. Feel that the crown of the head is reaching towards the sky.7. Close the eyes.	<p>Cannot reach the floor comfortably? Place a rolled up blanket or towel, or some other bolster under your feet for support.</p>

Pose	Instructions	Practice notes
Five breath release	<ol style="list-style-type: none"> Take the awareness down the legs and into the feet. <ol style="list-style-type: none"> Inhale and tighten all the muscles in the feet, legs and buttocks. Hold the breath and the tension for a couple of seconds, and on the exhalation – relax. Take the awareness to the torso. <ol style="list-style-type: none"> Inhale and feel the abdomen, the chest, the sides and the back expand. Hold the breath for a couple of seconds, and on the exhalation – relax. Move the awareness across shoulders, down the arms and to the hands. <ol style="list-style-type: none"> Inhale, make fists and tighten all the muscles arms. Hold the breath and the tension for a couple of seconds, and on the exhalation – relax. Move the awareness to the face, all the muscles in the face <ol style="list-style-type: none"> Inhale and screw up the face. Hold the breath and the tension for a couple of seconds, and on the exhalation – relax. Become aware of all the muscles in the body. <ol style="list-style-type: none"> Inhale and tighten all the muscles from the feet all the way up to the face. Hold the breath and the tension for a couple of seconds, and on the exhalation – relax. 	<p>Very high blood pressure (HBP), heart conditions: Do not hold the breath.</p> <p>Inhale and tighten the muscles and then relax on the exhalation.</p>
Butterfly	<ol style="list-style-type: none"> Sit with the knees and feet wide apart. Gently move the knees towards each other and then let them come apart, warming up through the hip joints. <p>Do up to 10 rounds (moving knees in and out).</p>	



Pose	Instructions	Practice notes
<p>Single leg cycling</p> 	<ol style="list-style-type: none"> Come onto the edge of seat, bring your hands beside your body either pushing down into the chair seat or holding the edge of the chair. Ensure you are sitting up straight or leaning a little forward. Bend the knee to the chest. Inhale: Extend leg out in front and then lower it to just above the ground. Exhale: Bring the knee to the chest. <p>That is one round. Do up to 7 rounds in one direction and then reverse the direction – inhaling as you extend leg towards the ground and lift it in the air, exhaling as you bring leg to chest.</p> <p>Repeat with the other leg.</p>	<p>Protect your back! Avoid leaning back or rounding your back. Only raise the leg as high as comfortable.</p> <p>Too strong? Keep the leg slightly bent or do fewer rounds.</p>
<p>Shoulder rotations</p>  <p>Ref: satyaliveyoga.com.au/2012/11/09/shoulder-socket-rotation/</p>	<ol style="list-style-type: none"> Bring hands onto shoulders. Trace circles with the elbows: <ul style="list-style-type: none"> Inhale as the elbows come up and back. Exhale as the elbows come down and forward. Do up to 7 circles in one direction. Reverse the direction and do another 7 circles: <ul style="list-style-type: none"> Inhale as the elbows come down and back. Exhale as the elbows come up and forward. <p>Want something stronger? Bring the arms out at shoulder level with the palms face up and trace circles with the hands.</p> 	<p>Shoulder problems: Do one or more of the following:</p> <ul style="list-style-type: none"> Keep the arms relaxed by your side and rotate the shoulders Do fewer circles Skip this pose

Pose	Instructions	Practice notes
<p><i>Tadasana</i> (mountain pose)</p>  <p>Ref: yogajournal.com/poses/492</p>	<ol style="list-style-type: none"> 1. Stand with the feet hip width apart. 2. Ensure that the outsides of the feet. 3. If it is comfortable close the eyes. Otherwise look down. 4. Feel that you are pulling up through the arches, up through the ankles, the calves and the thighs, and then let the knees go soft. 5. Start to pull up through your pelvic floor. Let the tail bone move towards the floor and bring the navel back towards the spine, just gently engaging those lower abdominals. 6. Lengthen through the sides of the waist, lifting up the rib cage (but don't let the ribs stick out). 7. Lift the right shoulder up, roll it back and let it fall gently into its socket. Give the arm and hand a bit of a shake to release any tension. 8. Lift the left shoulder up, roll it back and let it fall gently into its socket. Give the arm and hand a bit of a shake to release any tension. 9. Take the awareness to the back of the neck and make it long by just tucking the chin under slightly. 10. And then imagine a string at the crown of the head pulling you up towards the sky. 	
<p>Plantar flexion (coming up onto toes)</p> <p>Ref: This is a dynamic version of "Lower body – toe stands" exercise described at nihseniorhealth.gov/exerciseandphysicalactivityexercise/stotry/strengthexercises/01.html</p>	<ol style="list-style-type: none"> 1. Stand in <i>tadasana</i> about arms' length away from the back of the chair. 2. Inhale. Bring weight forward coming onto toes. Keep the arms relaxed by the sides. 3. Exhale. Lower heels. <p>Do 5-10 rounds.</p>	<p>Move slowly and with control.</p> <p>Unsteady? Place fingertips of one or both hands on the back of the chair.</p>

Pose	Instructions	Practice notes
Plantar flexion with alternate arms 	<ol style="list-style-type: none"> 1. Inhale and bring weight forward coming up onto toes and raising right arm in air and keeping left arms by the side. 2. Exhale, lower heels and lower arm. 3. Repeat with the left arm. <p>Do 5-10 rounds with each arm.</p> <p>Want something stronger? On the inhalation, come up onto the toes and raise both arms in the air.</p> 	<p>Move slowly and with control.</p> <p>Unsteady? Place fingertips of arm onto the back of the chair.</p> <p>HBP, heart conditions: Keep the arms low or partially bent so as not to go higher than the crown of the head. If required, keep the arms by the sides.</p> <p>Shoulder problems: Keep the arms by the sides or only raise as high as comfortable.</p>
Triangle 3 	<ol style="list-style-type: none"> 1. Stand with feet as wide apart as comfortable. Ensure that the outsides of the feet are parallel so the toes are turned a little inwards. 2. Let the arms relax by the sides with palms on the thighs. 3. Inhale and on the exhalation, bend the body to the right sliding the right hand down the leg. 4. Inhale and bring the torso upright. 5. Exhale, bend the body to the left sliding the left hand down the leg. 6. Inhale and bring the torso upright. <p>Do 5-10 bends on each side.</p> <p>Want something stronger? Start with the arms out at shoulder level, palms facing forward and the fingers spread wide.</p> 	<p>Ensure that you are not rolling forward in an effort to come lower. Practise this pose keeping your shoulder blades against the wall or imagine that you are standing against a wall.</p> <p>Back problems, osteoporosis: Don't come too far down. Think about lengthening the trunk instead of bending over, extending the crown of the head towards the cornice of the room – where the ceiling and wall meet.</p> <p>Vertigo, low blood pressure: Move slowly. If needed, think about lengthening the trunk instead of bending over, extending the crown of the head towards the cornice of the room – where the ceiling and wall meet.</p>

Pose	Instructions	Practice notes
<p>Tightrope balance</p>  <p>Ref: exercise-to-a-healthier-life.com/tandem-stands.html</p>	<ol style="list-style-type: none"> Stand with feet in one straight line, the toes of one foot against the heel of the other. Look for a steady point on which to focus, preferably at eye level. Bring the hands into prayer position at the heart. Take the deep breaths and count the number of breaths for which you can hold the balance. Aim to hold the balance for 20-30 seconds. Use the number of breaths to provide a benchmark to measure your progress. Give the legs a bit of shake and then perform the balance with the feet the other way round. <p>Feeling steady? Turn your head to look over one shoulder for a period, return the head back to centre, and then look over the other shoulder.</p>	<p>Ensure that the feet are in a straight line, that one foot or both feet isn't angled slightly for balance.</p> <p>Still feeling unsteady? Stand by a wall or have a chair beside you for balance. Try a 'semi-tandem' stance. Bring the feet slightly apart with the toes of the back foot in line with the heel of the front foot.</p>

Chair Salute to the Sun



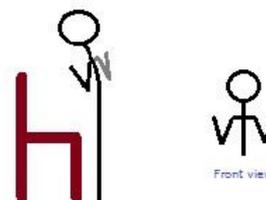
- Stand in front of chair, hands in prayer position at the heart.

Alternative: Start seated in chair with hands in prayer position.



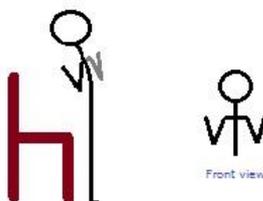
- Inhale and raise arms above head and open chest.

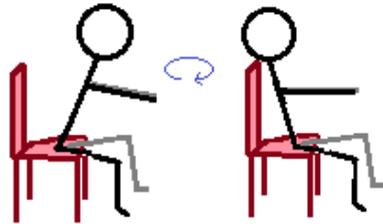
Alternative: Remain seated in chair
High blood pressure, heart conditions, shoulder problems, vertigo: Bring hands out to side, elbows bent, and squeeze between the shoulder blades.



Pose	Instructions	Practice notes
	3. Exhale, as you sit in the chair and lower the hands through prayer position and place them on thighs.	
	4. Inhale and slide hands down, bending forward from hips and raise buttocks of chair.	<p>Ensure bending from hips and keeping back straight. Only come as far forward as comfortable.</p> <p>Abdominal problems, hernia: Remain seated with legs apart. Do not place pressure on abdomen.</p> <p>Back problems, osteoporosis: Keep back straight and supported. Bring hands down to a support or on thighs to keep back straight. Remain seated.</p> <p>High blood pressure, heart conditions, vertigo: Keep head up level with heart. Remain seated if necessary.</p>
	5. Exhale. Lower buttocks to chair, roll up through spine and place hands on thighs.	Low blood pressure: Come up slowly.
	6. Inhale. Bend right knee, raise leg and clasp knee.	Keep core engaged and remain upright.
	7. Exhale and lower right leg to floor. Place hands on thighs.	
	8. Inhale, stick tailbone back, arch back, open chest and bend elbows to side.	Osteoporosis: Move slowly.

Pose	Instructions	Practice notes
	9. Exhale, tuck under tail bone, round back, and straighten arms.	Osteoporosis: Come back into an upright position. If your doctor allows you to flex through the upper back then move slowly into the position.
	10. Repeat steps 8-9.	
	11. Inhale. Bend left knee, raise leg and clasp knee.	Keep core engaged and remain upright.
	12. Exhale and lower right leg to floor. Place hands on thighs.	
	13. Inhale and slide hands down, bending forward from hips and raise buttocks of chair.	Ensure bending from hips and keeping back straight. Only come as far forward as comfortable. Abdominal problems, hernia: Remain seated with legs apart. Do not place pressure on abdomen. Back problems, osteoporosis: Keep back straight and supported. Bring hands down to a support or on thighs to keep back straight. Remain seated. High blood pressure, heart conditions, vertigo: Keep head up level with heart. Remain seated if necessary.
	14. Exhale. Lower buttocks to chair, roll up through spine and place hands on thighs.	Low blood pressure: Come up slowly.

Pose	Instructions	Practice notes
	<p>15. Inhale. Bring hands to prayer position at the heart, stand and raise arms above head.</p>	<p>Alternative: Remain seated in chair High blood pressure, heart conditions, shoulder problems, vertigo: Bring hands out to side, elbows bent, and squeeze between the shoulder blades.</p> 
	<p>16. Lower hands and bring to prayer position at the heart.</p>	<p>Alternative: End seated in chair with hands in prayer position</p>
	<p>17. Pause and take one deep breath in and out.</p> <p>18. Repeat steps 1-16 with following changes:</p> <ul style="list-style-type: none"> • Step 6. Bring left knee to chest. • Step 11. Bring right knee to chest. 	
<p>Rest</p> 	<p>Sit in chair, eyes closed and with hands resting in lap. Let breathing and heart rate return to normal.</p>	
<p>Chest and upper back stretch</p> 	<ol style="list-style-type: none"> 1. Sitting up straight in the chair, interlock the fingers and place the hands behind the head. 2. Inhale, bring elbows out wide and open the breastbone towards the sky. 3. Exhale, round through the upper back and bring the elbows together. <p>Do 3 rounds, holding each pose for a couple of breaths.</p>	<p>Ensure that there is no arching in the lower back. Engage the lower abdominals, lengthen up through the torso and think about sliding the breastbone upwards. Keep the chin resting in the hands so that there is no over extension in the neck.</p> <p>Shoulder problems: Keep the hands by the side and think about opening the chest and rounding the upper back.</p> <p>Osteoporosis: Avoid rounding too much through the back.</p>

Pose	Instructions	Practice notes
<p>Spine and back twist</p> 	<ol style="list-style-type: none"> 1. Sit up straight and place the fingers on the shoulder, elbows out to the side. 2. Inhale and lengthen up through the torso. 3. Exhale and gently turn chest to one side, keeping the elbows out wide. 4. Inhale, return to centre. 5. Exhale and gently turn chest to the other side. <p>Do up to another 6 rounds on each side, moving in time with the natural breath.</p>	<p>Shoulder problems: Keep the hands relaxing by the sides.</p> <p>Osteoporosis: Twists are not recommended if you have osteoporosis. Depending on the severity of your condition, your doctor might allow you to 'sway' from side to side provided there is no pressure on the spine. As an alternative, try 'Churning the mill' making small circles and ensuring that your back remains straight.</p> <ol style="list-style-type: none"> 1. Sit up straight in chair and interlock your fingers and extend the arms in front at shoulder level. 2. Inhale and on the exhalation, come forward a little.  <ol style="list-style-type: none"> 3. Inhale as you turn towards one leg and sit back a little.  <ol style="list-style-type: none"> 4. Exhale as you turn towards other leg and come forward. <p>Do up to 6 rounds in one direction, then six in the other direction.</p>

Pose	Instructions	Practice notes
Spinal twist 	<ol style="list-style-type: none"> 1. Sit up straight and bring the legs and feet close together. 2. Place the right hand on the outside of your left thigh and the left hand holding the chair seat or back near your buttocks. 3. Inhale and lengthen up through the torso. 4. Exhale and moving from the base of the spine, gently turn towards the left. 5. Hold for 20-30 seconds and on an inhalation slowly turn yourself so you are facing forward. 6. Repeat on the other side, bringing your left hand on the outside of your right thigh, the right hand behind you and turning to the right. 	<p>Osteoporosis: Twists are not recommended if you have osteoporosis. Depending on the severity of your condition, do one of the following:</p> <ul style="list-style-type: none"> ▪ Another set of the 'Chest and upper back stretch' on page 9 ▪ Another set of the 'Spine and back twist' or the alternative 'Churning the mill' on page 10 ▪ Skip this pose and rest
	<p>Rest!!!</p> <p>Sit in chair, eyes closed with hands resting in lap.</p>	
Pranayama (breathing) practices	<p>If you would like to do a breathing practice, try abdominal breathing.</p> <ol style="list-style-type: none"> 1. Place the palms on the abdomen on or below the navel. Have the fingers spread wide and the tips of the middle fingers touching.  <ol style="list-style-type: none"> 2. Breathe in and feel the middle fingers coming apart. 3. Exhale and feel the middle fingers touching. <p>Do up to 10 deep abdominal breaths.</p>	<p>Ensure that you are sitting up straight and the shoulders are back to help open up through the torso.</p> <p>Caution: Do not strain. Lungs are delicate and like any other muscle, strengthened over time.</p>

Pose	Instructions	Practice notes
Relaxation or meditation practices	<p>There are many relaxation/meditation practices available on the web.</p> <p>If you have a Smartphone, try the Yoga Nidra Lite app. See yogarelayapps.com/apps.html for more information.</p> <p>I also have a 10 minute mp3 available at lailinyoga.com.au/10-minute-yoga-nidra.</p>	