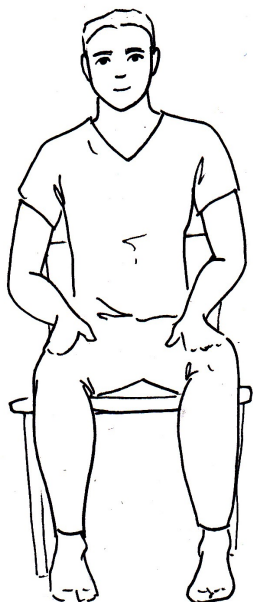




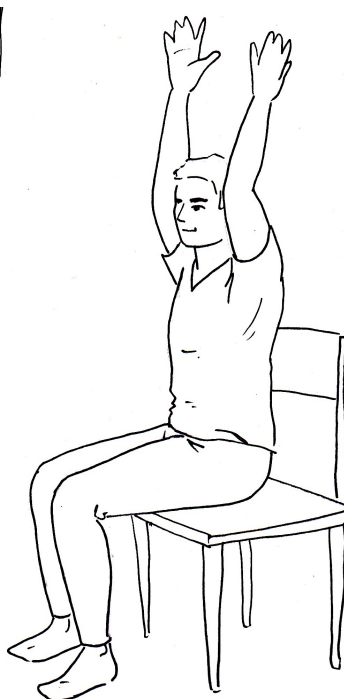
# Mindfulness Northwest

mindfulness training, classes, and professional development

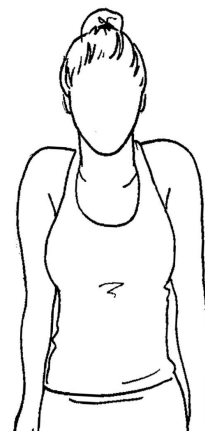
## Mindful Movement with Chair Yoga



1. Sitting Tall



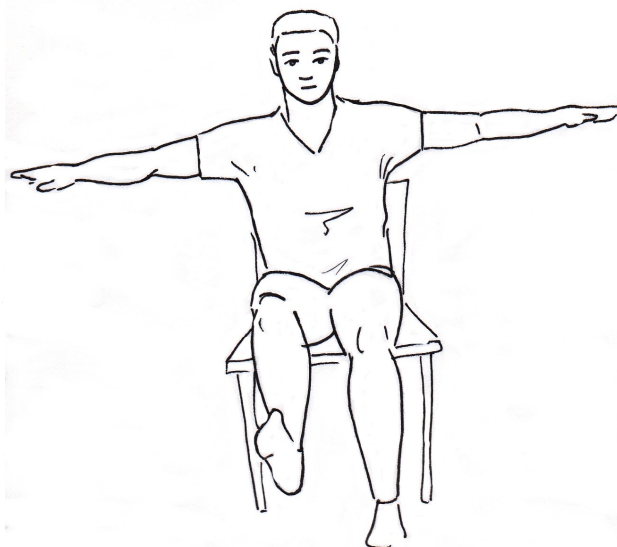
2. Arms Overhead



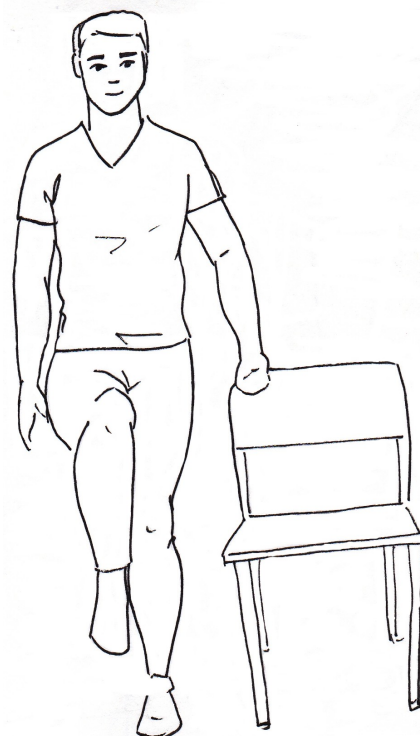
3. Shoulder Rolls



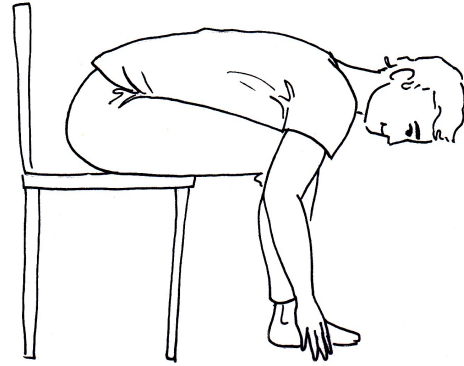
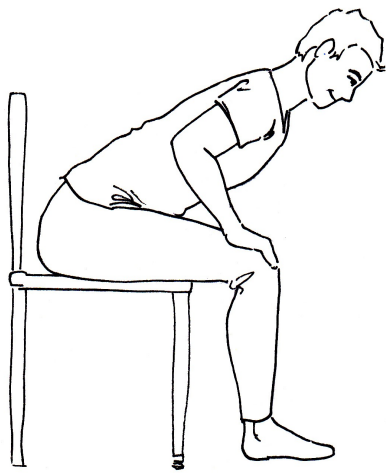
4. Side Stretch



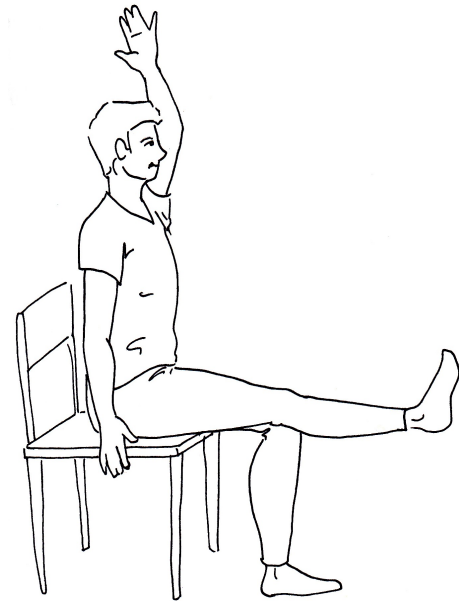
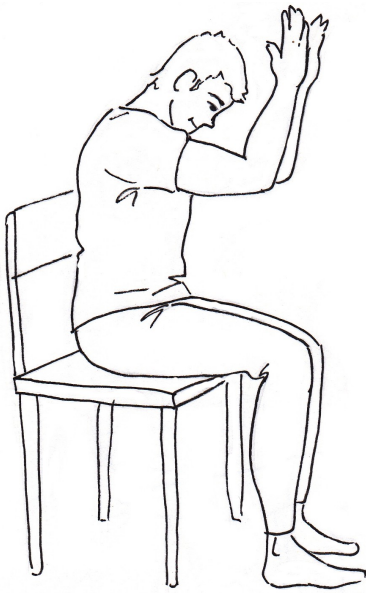
5. Seated Balance



6. Standing Balance



**7. Forward Fold** Tall long spine, lengthening out of the belly.  
Using hands on thighs to come back up.



**9 & 10. Cat Pose and Cow Pose**

Exhaling arms together into cat; inhaling arms open into cow. Feeling the movement of the shoulder blades.  
Drawing belly in to keep the low back stable.

**11. Alternate Arm and Leg Lift**

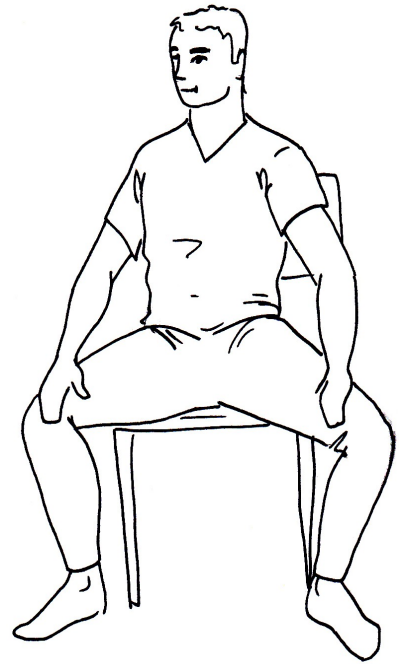


**12. Resting in Child's Pose** Experiment with supports.

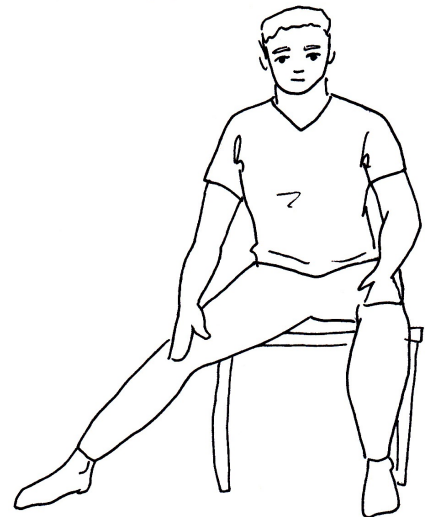
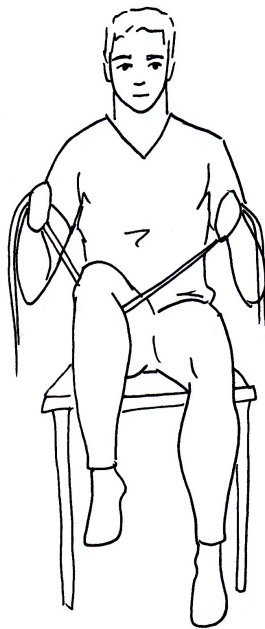
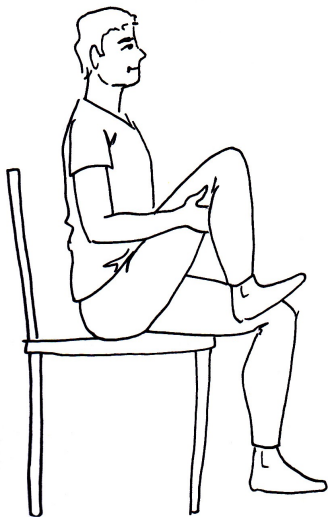


### 13. Standing Alternate Arm and Leg Lift

Can also be done sitting as in #11.

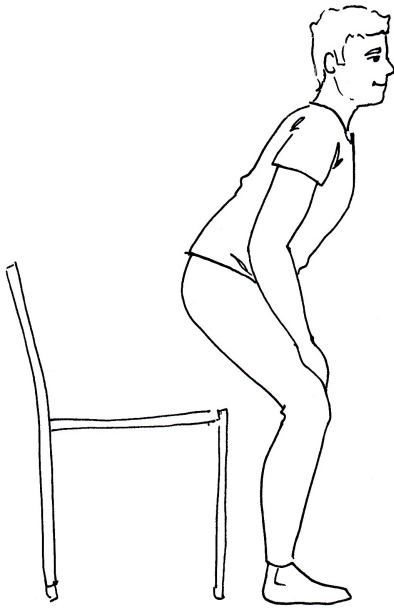


### 14. Wide Legs Hip Opener



### 15. Knee to Chest Hip Rotation

A strap can be helpful. Reaching leg out at a diagonal also works the hip.



## 16. Bridge Pose

As a gentle chair pose

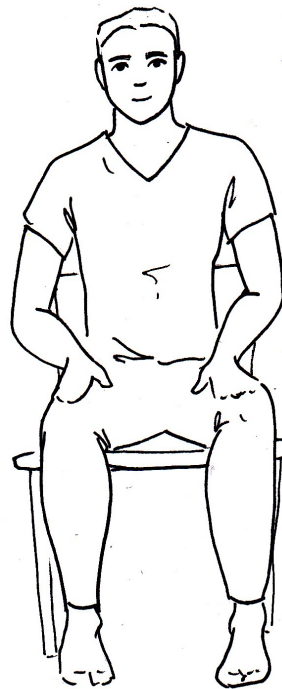


## 17. Seated Thread the Needle



## 18. Seated Twist

Establish twist in the upper back first,  
not the lower back.



## 18. Rest in Sitting

Upright and relaxed,  
Feeling the breathing.