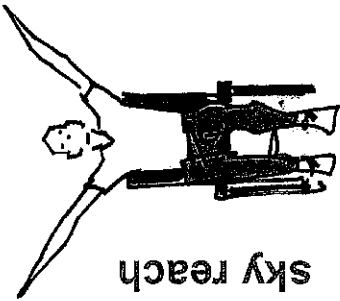
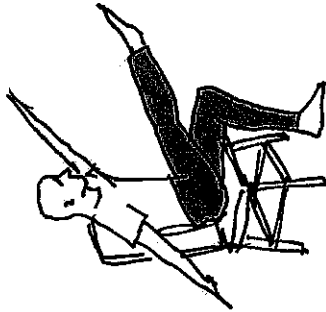


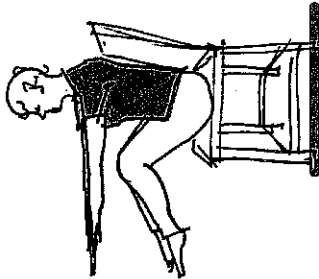
CHAIR YOGA POSES



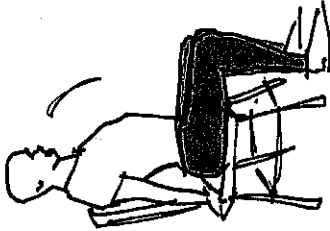
sky reach



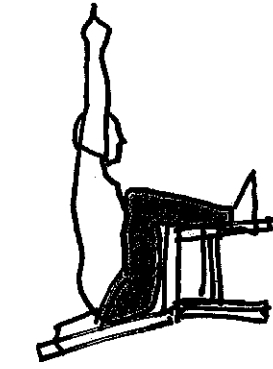
knee extension



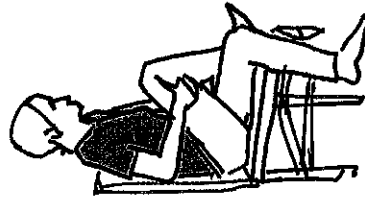
double knee raise



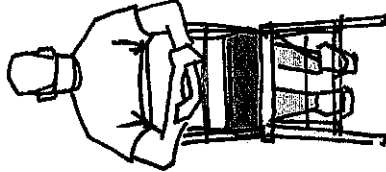
back bend



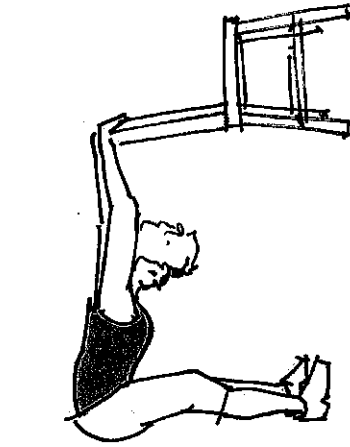
seated down dog



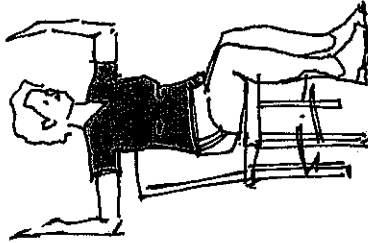
legs crossed



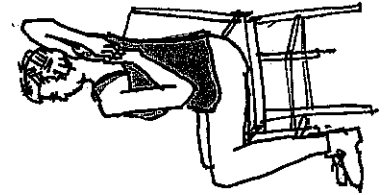
rev arm hold



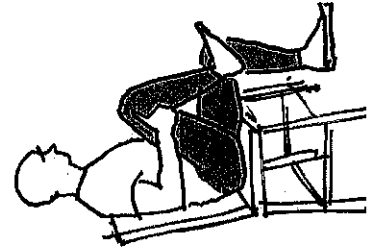
downward facing dog



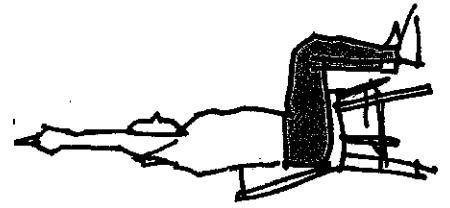
shoulder rest



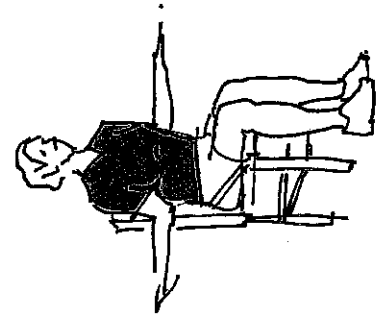
elbow up/down



hip flexion



warrior 1



raised side arms