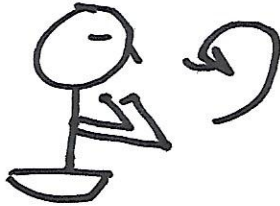


#2 GENTLE SEATED CHAIR YOGA PRACTICE

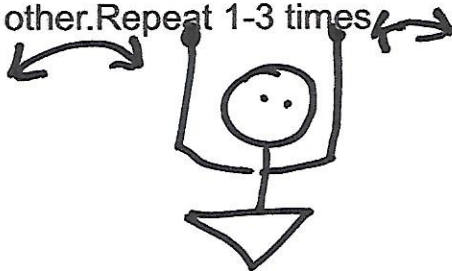
CENTERING - Sit erectly but comfortably and take a few full breaths, not straining. Fill your rib cage and lungs with fresh air and allow the air to softly release. You may close your eyes or lower your gaze.

SUN SALUTATIONS FROM LAST SESSION. Repeat the cycle 1-3 times.

ELBOW CIRCLES. Place fingertips on top of shoulders. Bring elbows toward center of chest. Take elbows up - out - around Repeat 3 times.

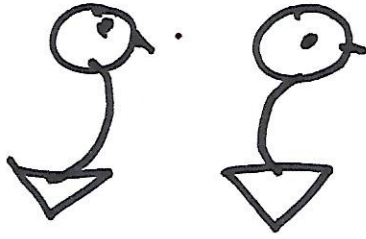


SWAYING PALM TREE. Take your arms down to your side, hands reaching toward the floor as you exhale. Press the arms out and away and up overhead as you inhale. Take the arms up just as far as is comfortable. Drop the shoulders down, lengthen the side ribs, and rotate the arms from one side to the other. Repeat 1-3 times.

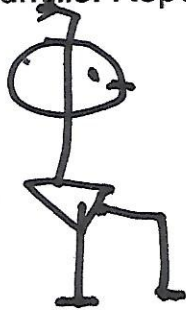


CAT/COW. Sitting slightly away from the chair back, inhale and press the upper body forward, spreading the collarbones and squeezing the shoulder blades together toward the spine. As you exhale, round the shoulders to

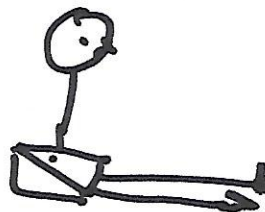
the front and slightly curve the spine toward the back of the chair. Repeat 1-5 times.



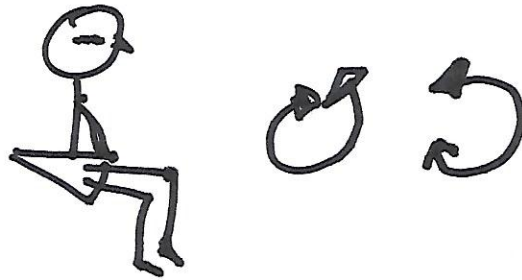
WARRIOR ONE: Sitting erectly, bend one leg with the knee at 90 degrees and take the other leg back under the chair, coming up onto the ball of that foot. Inhale and take the arms up overhead, as far as is comfortable. Rotate the arms like windmills. Repeat for 5 breaths.



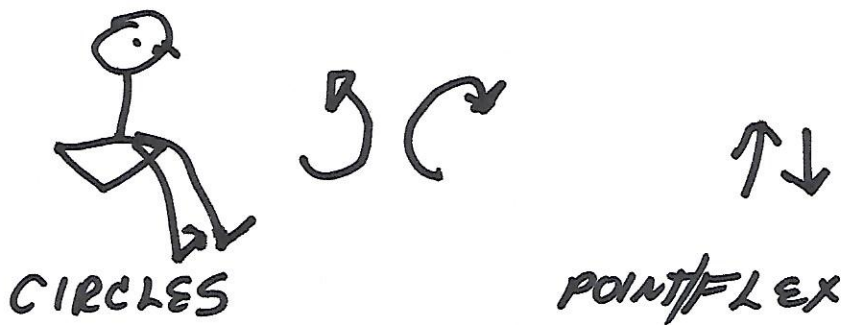
SEATED LOCUST. Sitting erectly, raise one leg (or both legs) straight out in front. Drop the shoulders and extend the arms out toward your feet. Take A full inhale and exhale. Repeat with the second leg, if doing one leg at a time. Repeat 1-3 times.



SEATED TWIST. Place both hands on the side of one thigh or the chair seat. Inhale and turn from the hips toward the hands on the leg/chair. Take several breaths. Repeat to the other side. Repeat sequence 1-3 times.



ANKLE CIRCLES & POINT/FLEX. Take the legs out slightly (or take one leg at a time) and circle the ankle(s) in one direction, then reverse the direction. Repeat 1-3 times. Then take the leg(s) out slightly and point and flex the ankles/feet. Go slowly. Repeat 1-3 times.



BREATHING. Sitting comfortably but erect, focus your breath on expanding the rib cage area. You can place your hands on your lower belly. Feel the lower belly expand as you inhale and slightly compress as you exhale. Do not force your breath -- breathe fully without straining. Repeat for 5-10 times.

MEDITATION: Close your eyes and picture a sunny spring day. Look around and note what you see -- the bright green grass; the soft green leaves emerging from the trees; the bright sunshine reflecting off the

bushes, flowers, and trees. Smell the fresh earth, the dewy grass. Feel the warmth of the sun on your face. Fill your mind with the beautiful image of a spring day.

AFFIRMATION: Consider one of these affirmations to say silently to yourself as you begin to end your practice. Or use an affirmation or Bible verse that is special to you.

Do not worry about your life, what you will eat or what you will drink, or about your body, what you will wear, Is not life more than food, and the body more than clothing? Matthew 6:25

I have trust and faith that all will be well.

I am thankful for the good things in my life and in the world.