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by Gayle Anderson

Print Created: Mar 17, 2020
 Classplan Created: Dec 6, 2017
 Difficulty Level: Beginner
 Duration: 30 min

Classplan Description: 30 min chair class

									
Chair Mountain (Chair Tadasana)	Elbow Rotation (Kehuni Chakra)	Neck Rolls (Greeva Sanchalana)	Chair Cat-cow Stretch (Marjariasana/Bitilasana Chair)	Ankle Rotation (Goolf Chakra)	Ankle Bending (Goolf Naman)	Seated Side Bend (Parivritta sukanasana)	Chair Warrior I (Virabhadrasana I Chair)	Chair Eagle (Garudasan a Chair)	Chair Swaying Palm Tree (Tiryaka Tadasana Chair)
									
Chair Camel (Ustrasana Chair)	Chair Warrior II (Virabhadrasana II Chair)	Chair Side Angle (Parsvokonasana Chair)	Chair Forward Bend (Uttanasana Chair)	Chair Forward Bend Twist (Parivrtta Uttanasana)	Chair Spinal Twist (Jathara Parivartanasana Chair)	Chair Pose (Utkatasana Chair)	Revolved Chair (Parivrtta Utkatasana)	Chair Pigeon (Eka Pada Rajakapotasana Chair)	Chair Hand to Big Toe (Padangusthasana)
									
Full Boat (Paripurna Navasana)	Knee Bending (Janu Naman)	Toe Bending (Padanguli Naman)	Hand Clenching (Mushtika Bandhana)	Chair Prayer (Pranamasa na Chair)	Corpse (Savasana)				