Restorative Yoga Poses: Chair Yoga One-Pager

This document provides a visual one-pager for each restorative yoga pose designed for chair yoga. Each pose is broken down into starting positions and two extremes, allowing practitioners to explore their range of motion and comfort levels. These poses are ideal for enhancing flexibility, promoting relaxation, and improving overall well-being while seated.

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1. Seated Cat-Cow (Chair Cat-Cow)

Starting Position:

- Sit tall at the edge of your chair
- Feet flat on the ground
- Hands resting lightly on your knees

Extreme 1 – Cat (Rounded Back):

- Tuck your chin toward your chest
- Round your back like a scared cat
- Pull your belly button in
- Look down at your lap

Extreme 2 – Cow (Arched Back):

- Lift your chest up
- Gently look up
- Pull shoulders back
- Stick your tailbone back (stay seated!)

2. Seated Triangle Stretch (Side Stretch)

Starting Position:

- Sit wide on the chair
- Legs apart, feet flat
- Arms out to the sides like a “T”

Extreme 1 – Stretch Left:

- Reach your left hand down to your left thigh or the side of the chair
- Reach your right arm up and over your head
- Lean your body gently to the left
- Keep both sitting bones on the chair

Extreme 2 – Stretch Right:

- Repeat the same steps, now reaching the opposite way
- Feel the stretch in your side, waist, and ribs

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3. Seated Reverse Warrior (Side Reach Twist)

Starting Position:

- Sit wide, one foot forward like a bent knee warrior
- Opposite leg back or angled to the side

Extreme 1 – Reach Back Arm:

- Place your back arm gently on your back leg or the chair
- Keep your front hand reaching up
- Slightly lean back
- Look up if your neck feels okay

Extreme 2 – Reset or Switch Sides:

- Switch legs and reverse the arms
- Keep spine tall as you lean gently into the stretch

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4. Seated Camel (Heart Opener)

Starting Position:

- Sit tall with feet flat
- Hands behind your hips or gripping the chair back

Extreme 1 – Gentle Camel:

- Gently press hands into the chair
- Lift chest up
- Look straight ahead or slightly up
- Keep shoulders away from your ears

Extreme 2 – Deeper Camel:

- Lift chest higher
- Allow your head to go back a little (only if it feels good)
- Press feet down to feel steady and supported

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5. Seated Puppy Pose (Chest Melt)

Starting Position:

- Sit facing a table or another chair
- Scoot hips toward the edge of your chair

Extreme 1 – Arms Extended:

- Place both hands on the table or chair in front
- Slide them forward
- Let your chest slowly lower toward your thighs
- Head may drop down or rest on a pillow

Extreme 2 – Full Chest Melt:

- Let your arms go long
- Keep hips above knees (or slightly behind)
- Relax your jaw and shoulders completely

These chair yoga poses are accessible and can be practiced by individuals of all levels, promoting relaxation and flexibility in a supportive seated position. Enjoy your practice!