

This guideline will help you follow along as you listen to and practice the sequence described in the podcast, *Chair Yoga for the Workplace*. Visit www.HillPhysicians.com to download this and other health podcasts, along with more tools to help you relax, manage stress, and achieve balance in mind and body.



Relax...

Position yourself. Begin in a comfortable seated position, with your feet flat on the floor. Shift your weight in the chair so you sit with your spine long and your back straight.

Breathe. Begin by inhaling and exhaling through the nose. Gradually deepen the breath in and out as you begin to feel relaxed. Continue breathing in this way a few more times.

Prepare for your practice of chair yoga. Roll the shoulders up and back. Inhale as you lift them up toward the ears, exhale as you place them down. Repeat, breathing deeply.

To Begin...

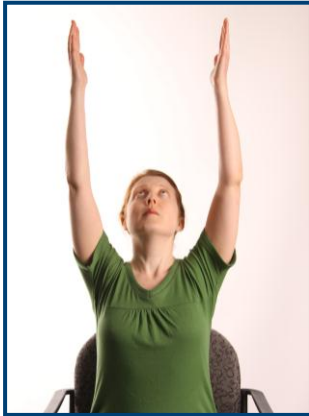
Relaxing the Neck: Inhale. Lower the chin toward the chest, as you exhale, allowing the back of the neck to stretch. Slowly roll the head to the left as you inhale, bringing the left ear toward the left shoulder, stretching the right side of the neck. Exhale as you roll the head down, chin toward the chest again. Repeat the same movement to your right, inhaling as you roll the head, stretching the left side of the neck, and exhaling as you roll the head back down, chin toward the chest. Take a breath in as you lift the head up back to a neutral position; exhale and relax.



Shoulder Shrug: Inhale and lift the shoulders up high, bringing the shoulders up toward the ears in a shoulder shrug position. Hold for a moment, then on the exhale, just let the shoulders drop as if they are weighted and very heavy. Repeat twice more.

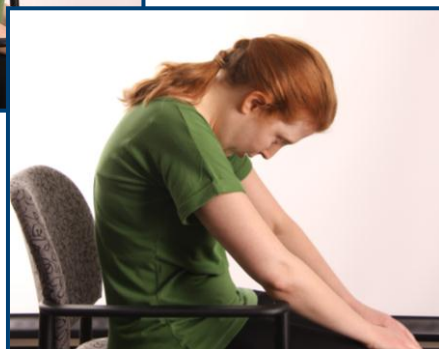
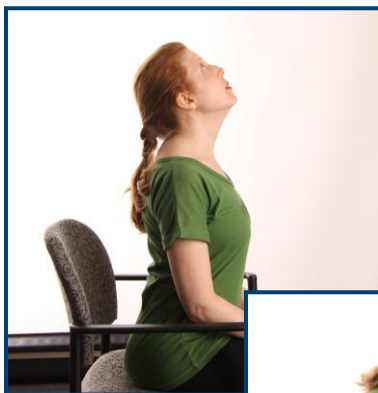
Self-Massage: Bring both hands to the tops of the shoulders now and begin to massage the shoulders, press the fingers firmly into the muscle, and massage back and forth while breathing deeply.





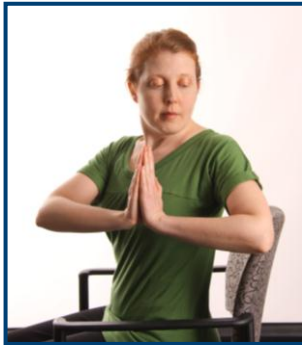
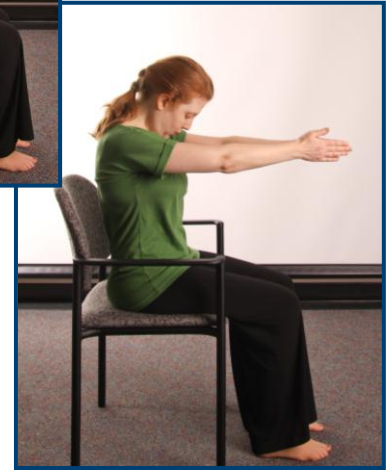
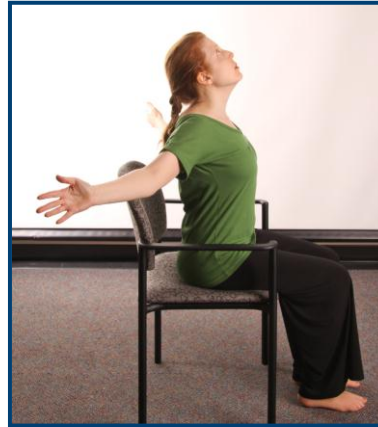
Gentle Stretch: Inhale and raise the arms up over head and reach up toward the ceiling. Tilt the head back slightly to look toward the ceiling (only if this is comfortable for your neck). Exhale as you slowly lower the arms back down and return the head back to center. Repeat once more.

Wrist and forearm stretch: Take the right arm out in front of you, shoulder height and flex the right wrist so the fingers of the right hand point toward the ceiling. With you left hand, gently pull back on the fingers of your right hand as you feel a stretch in the fingers, palm and forearm. Breathe deeply. Now switch sides and extend the left arm out in front of you and flex the hand so that the fingers point toward the ceiling. Stretch the fingers back with the right hand.



Seated spinal flex: Move to the front of your chair and sit with the spine straight. Take a breath in and arch the back into a gentle back bend, moving the center of the breastbone upward. If it is comfortable for the neck, tilt the head back gently to open the throat. As you exhale, round the back as if you are slumping, drop the head slowly and bring the chin in toward the chest. Repeat to flex the spine in each direction. Breathe deeply.

Shoulder opener: Sit with your spine straight and raise the arms out to the sides, shoulder height. Open the palms toward the front of the room. Inhale and slowly open the arms back behind as you lift the chest upward. Feel the shoulder blades move towards each other. Exhale and bring the arms forward in front of you, shoulder height. Bring the palms together and drop the head so the chin comes toward the chest. Feel the shoulder blades expand across the upper back. Repeat once more.



Seated spinal twist: Raise the hands to a prayer position in front of the heart. Inhale and twist the torso to the left, keeping the hands in prayer position. Exhale and come back to center. Inhale and twist to the right. Exhale back to center.

Working the feet: Sit back in the chair and lift the legs. Rotate the feet on the ankles. Make slow circles with the feet several times as you breathe. Now point and flex the feet back and forth, stretching the feet in each direction.

Tapping the arms: Lower the left arm to your side and make a loose fist with your right hand. Begin to tap down the left arm, starting at the top of the shoulder and tapping down to the hand. Repeat one more time then switch sides.



End Your Session. To end the session, rub your hands together briskly until you feel warmth in between the palms. Then place the palms over the eyes and take a few deep breaths breath in and out to rejuvenate them. When you feel ready, let the hands float back to the top of your lap and open the eyes.