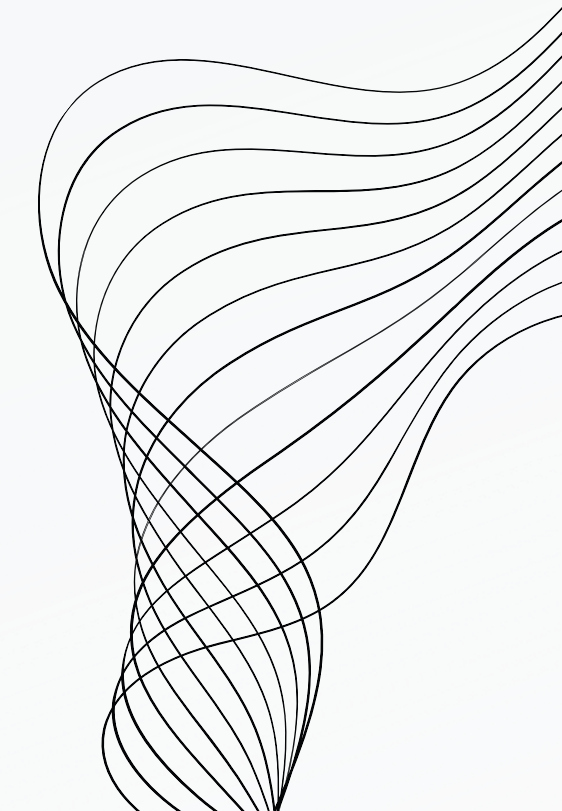




# **CHAIR YOGA WORKSHOP FOR MOVEMENT FACILITATORS**

**LED BY: SUJENA SUTHARSUN**



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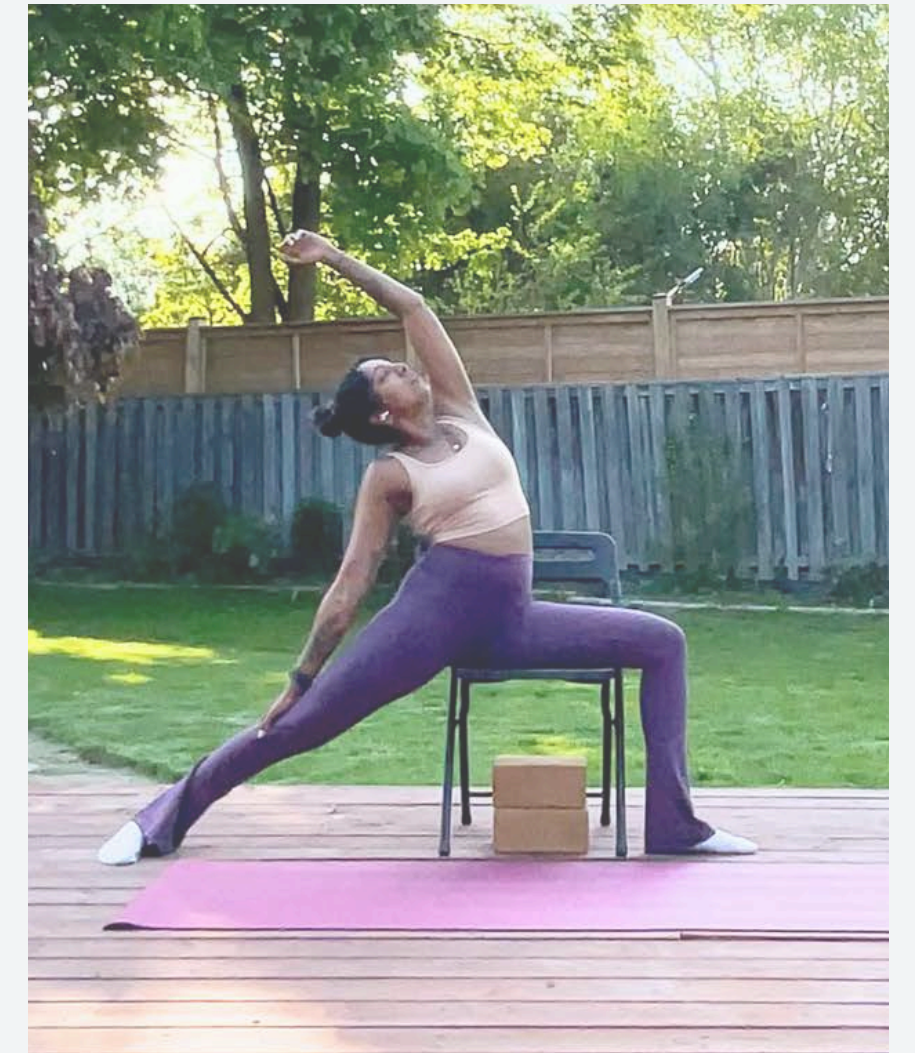
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RECAP





# WHY CHAIR YOGA

- Using a chair in yoga asana empowers and supports **ALL** clients
  - Provides the **same benefits as traditional yoga asana** but **enhances accessibility** to a wider range of clients such as clients with mobility limitations or balance issues by providing **supportive and stabilizing variations** of traditional asana
  - Beyond the benefit of accessibility – using a chair as feedback can help **facilitate deeper mind/body connection** throughout shapes and movements and **shift the engagement and effort** to certain target areas





# MOVEMENTS FOR THE SPINE

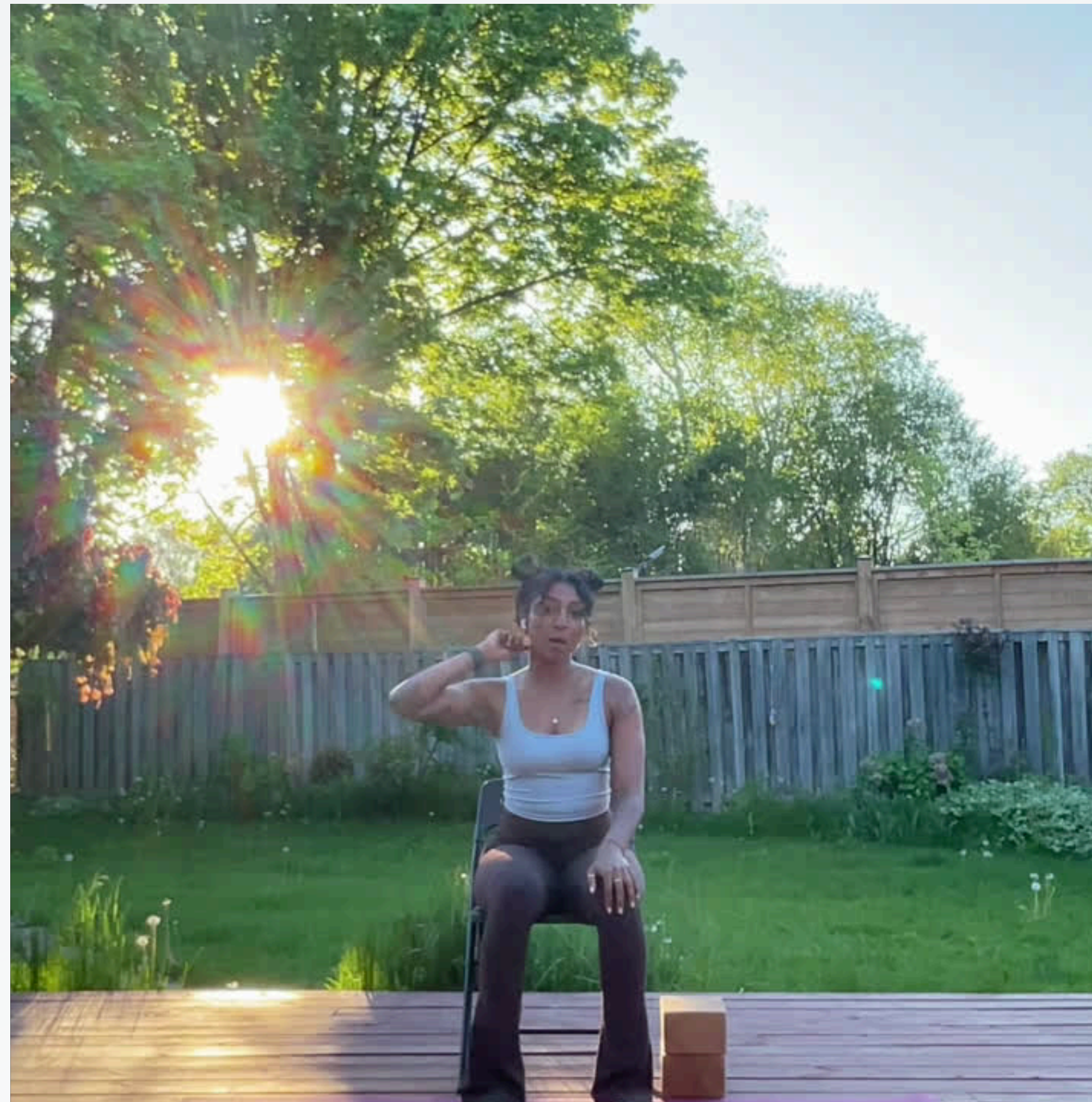


- Neck half circles; full circles
- Mountain (Tadasana) / Upward Salute (Urdhva Hastasana)
- Cat-cow
- Seated side bends & twists
- Twists -> Marchyasana III, Lord of the Fish
- Forward Fold (Uttanasana) /Wide-leg Forward Fold



# NECK

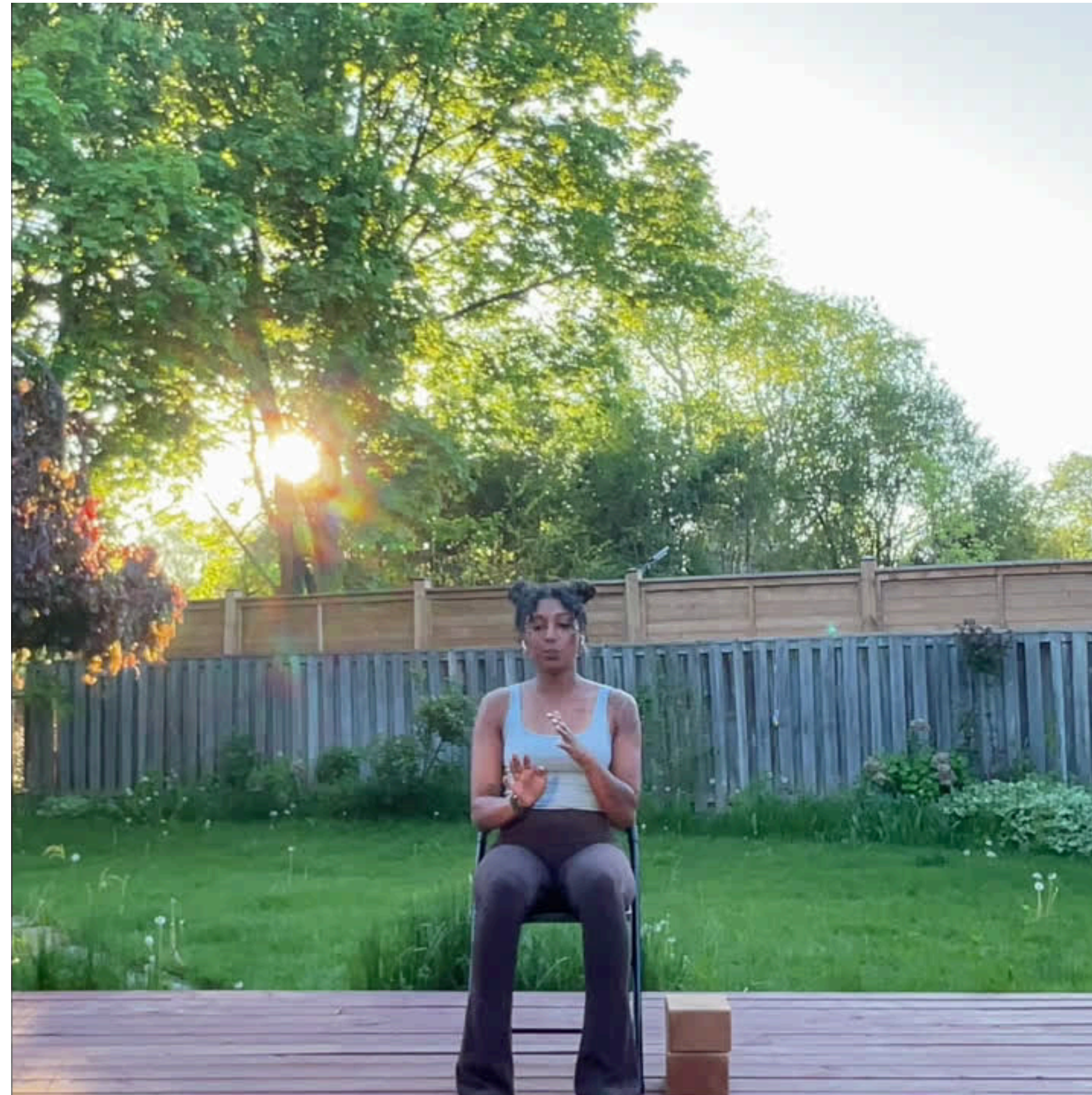
- opens the front of the throat and the back of the neck
- stretches and lengthens the sides of the neck ie. SCM, levator scapulae etc





# MOUNTAIN (TADASANA) / UPWARD SALUTE (URDHVA HASTANA)

- improves postural and body awareness
- promotes grounding



- stretch arms & shoulders
- lengthen spine and side body



# CAT COW



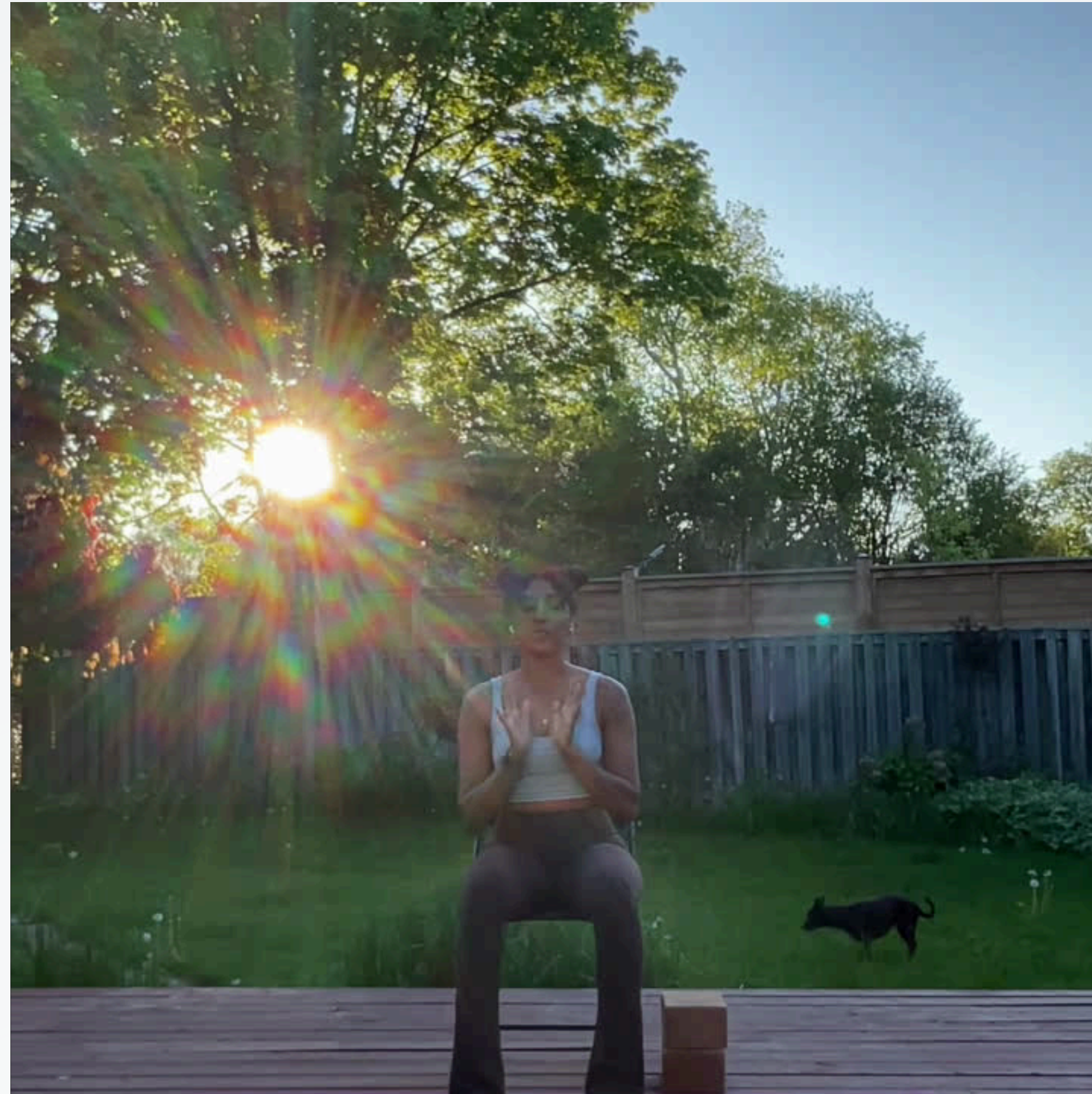
- spinal articulation – control of each vertebrae



- mobilize, stretch, and strengthen your entire spine: back, torso, neck
- stretches chest



# CAT COW



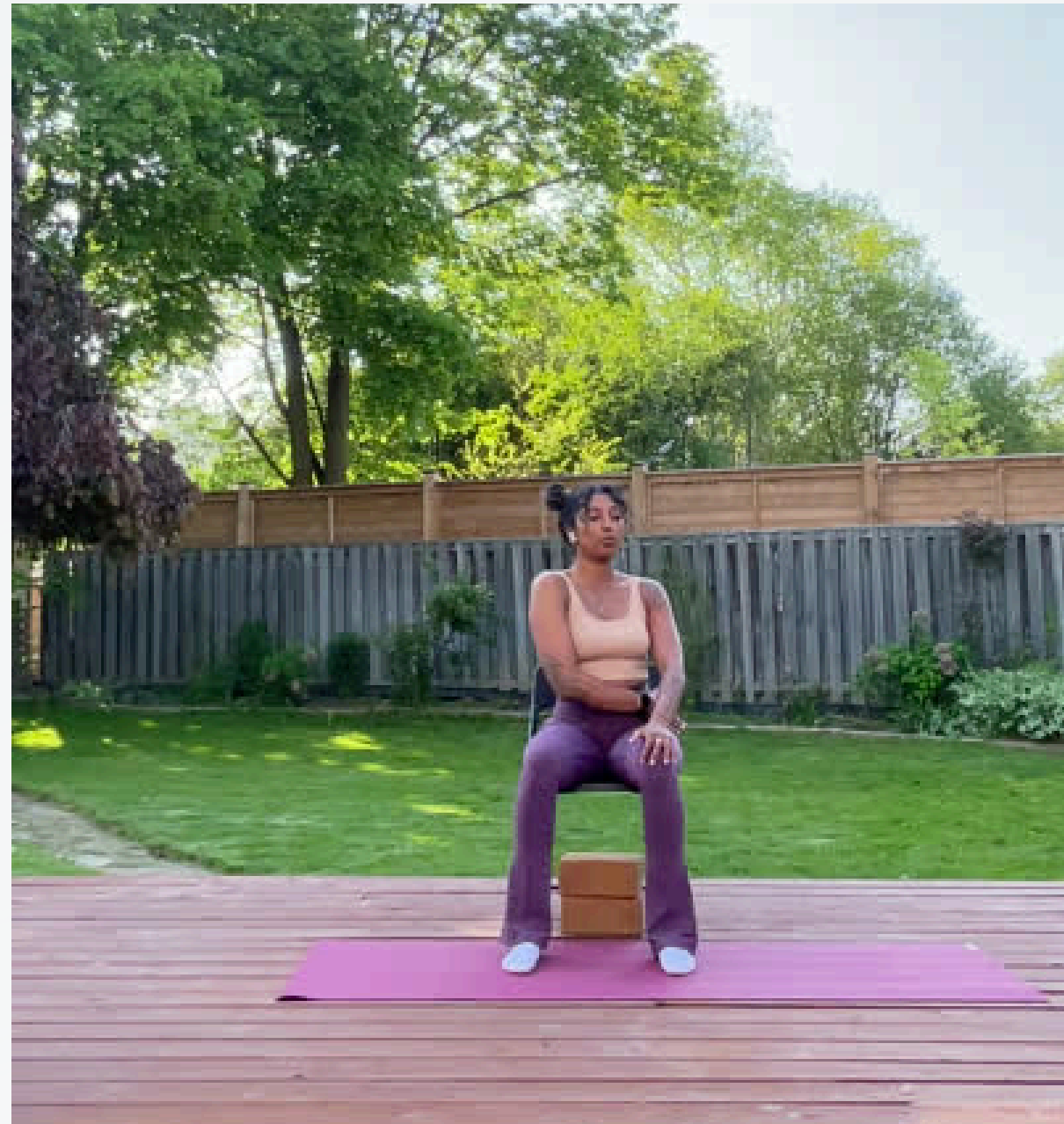


# SIDE BEND / TWISTS



- improves spinal mobility
- stretches, strengthens and lengthens -obliques, deep lower back muscle (ex.QL - Quadratus Lumborum), lats, and shoulders
- helps to restore and retain the spine's natural range of motion.
- energizing

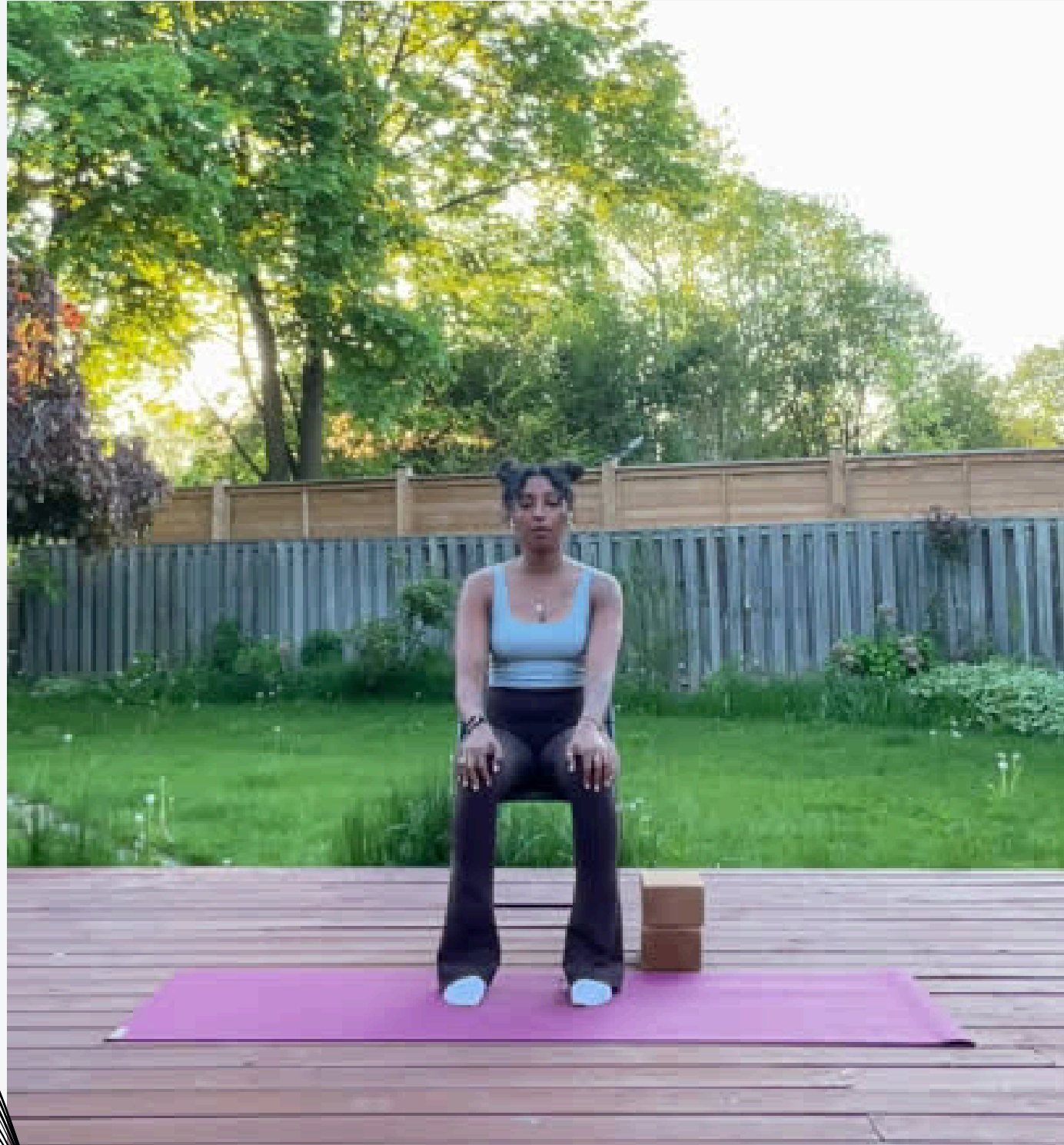
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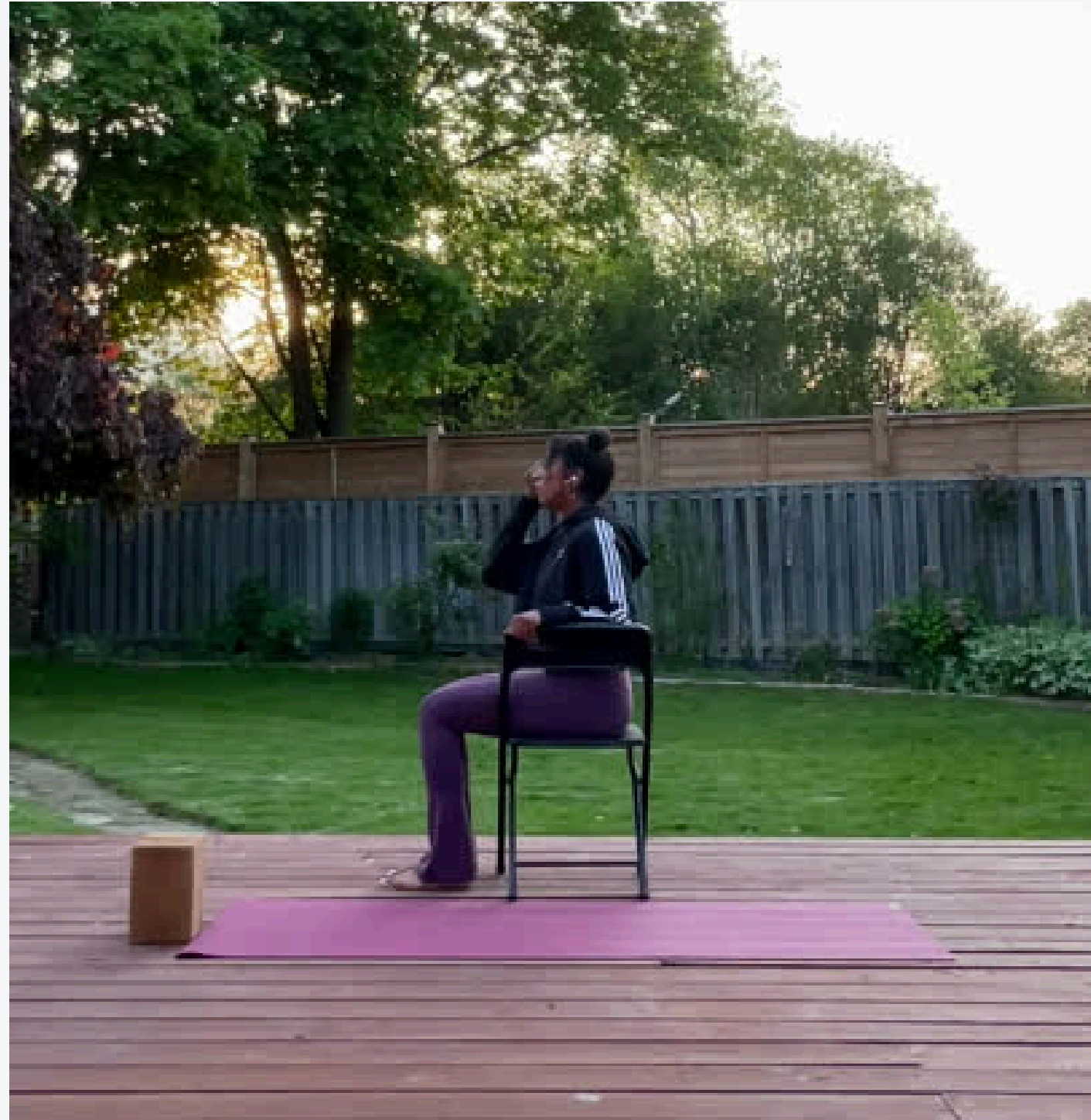
# MARICHYASANA III



- improves spinal strength and mobility
- stretches shoulders, hips & lower back
- stimulates organs



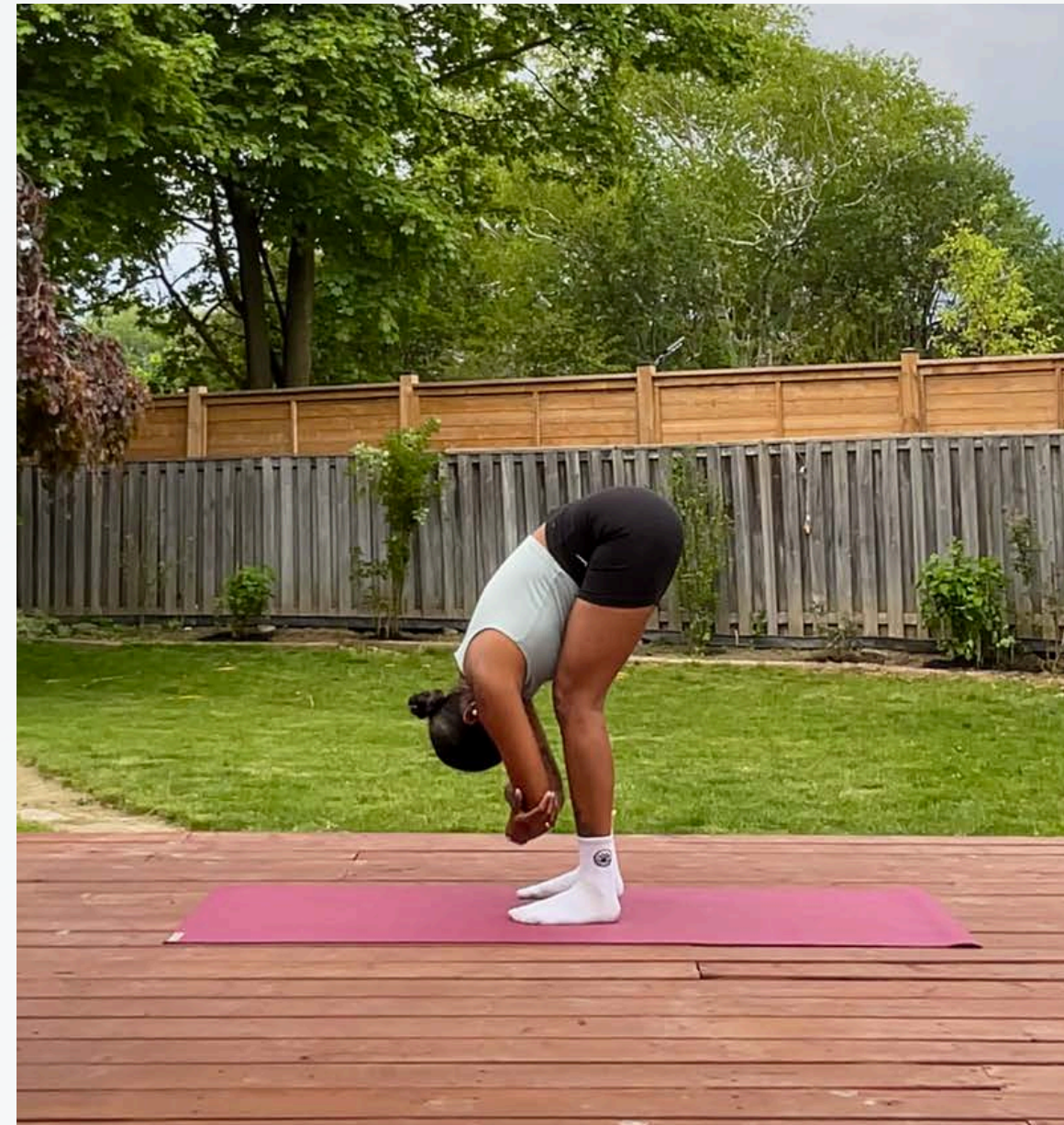
# LORD OF THE FISH



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- stretches shoulders, hips & lower back
- stimulates organs



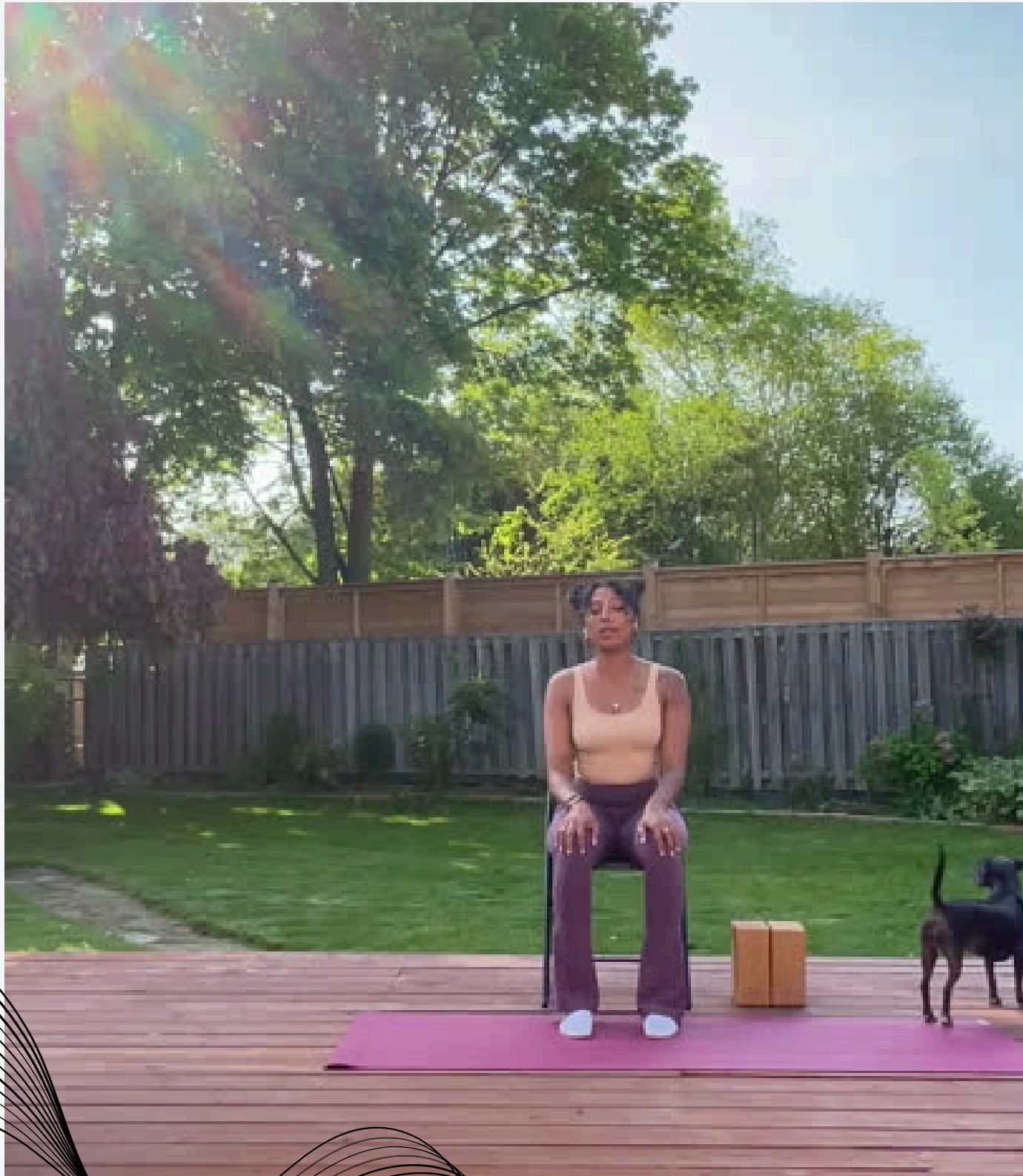
# FORWARD FOLD



- creates space between the vertebrae - decompression
- opens & releases head, neck, shoulders
- lengthens posterior chain (less through the hamstrings) = relief through the lower back



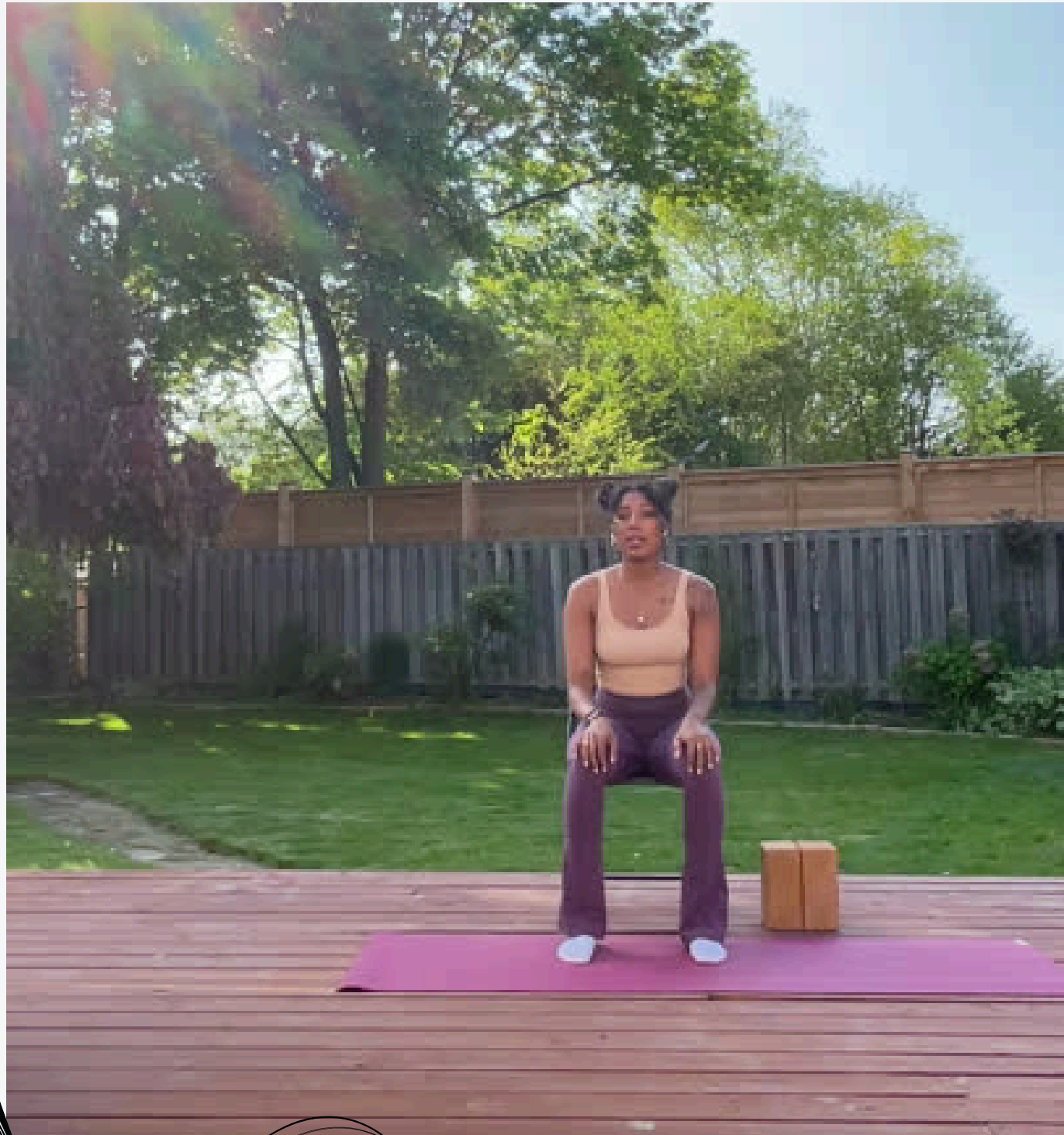
# WIDE LEG FORWARD FOLD



- creates space between the vertebrae – decompression
- opens & releases head, neck, shoulders
- lengthens posterior chain (less through the hamstrings) = relief through the lower back
- improves spinal strength & mobility
- opens chest



# HEART OPENER- CAMEL



- open heart space
- strengthens & stretches chest, upper back & shoulders





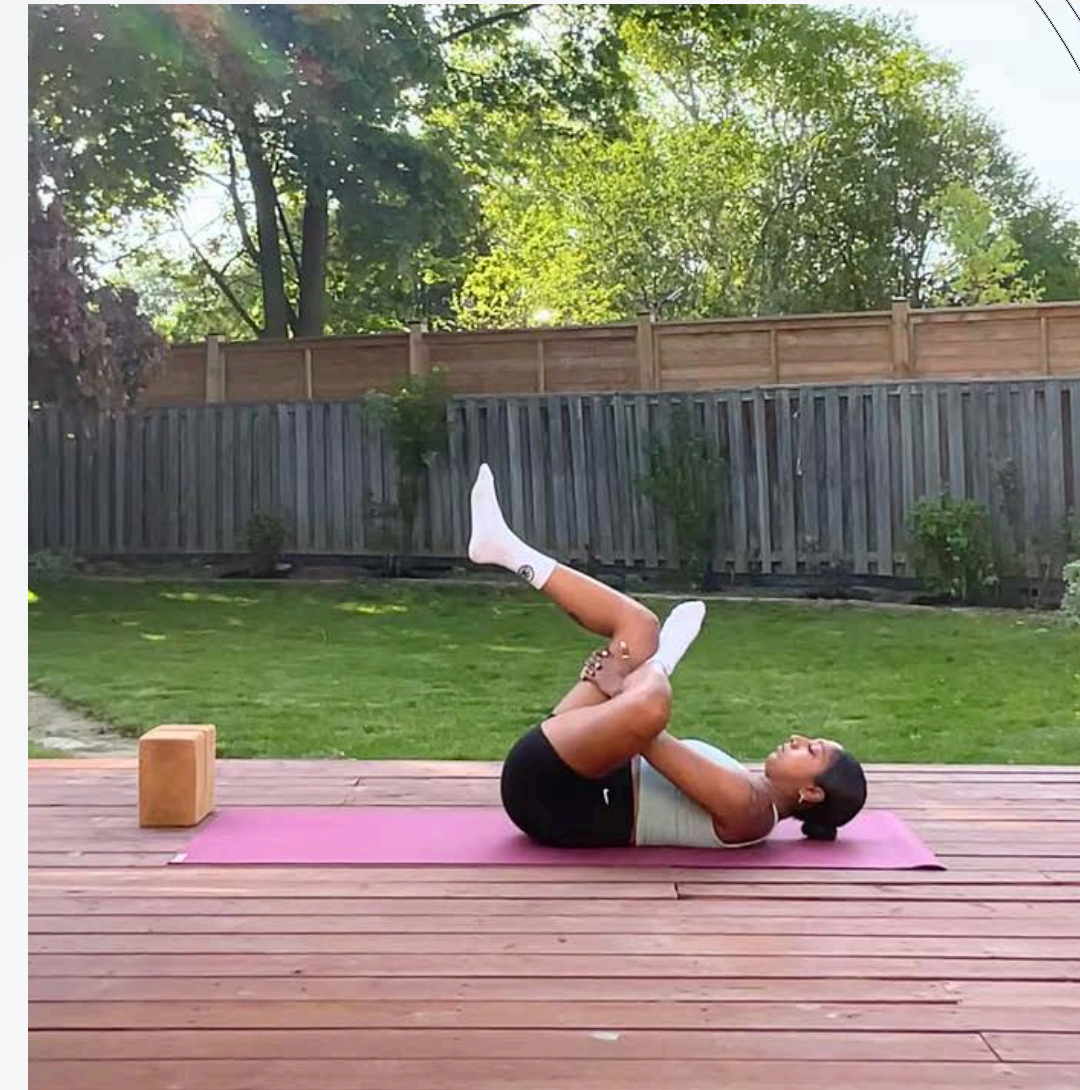
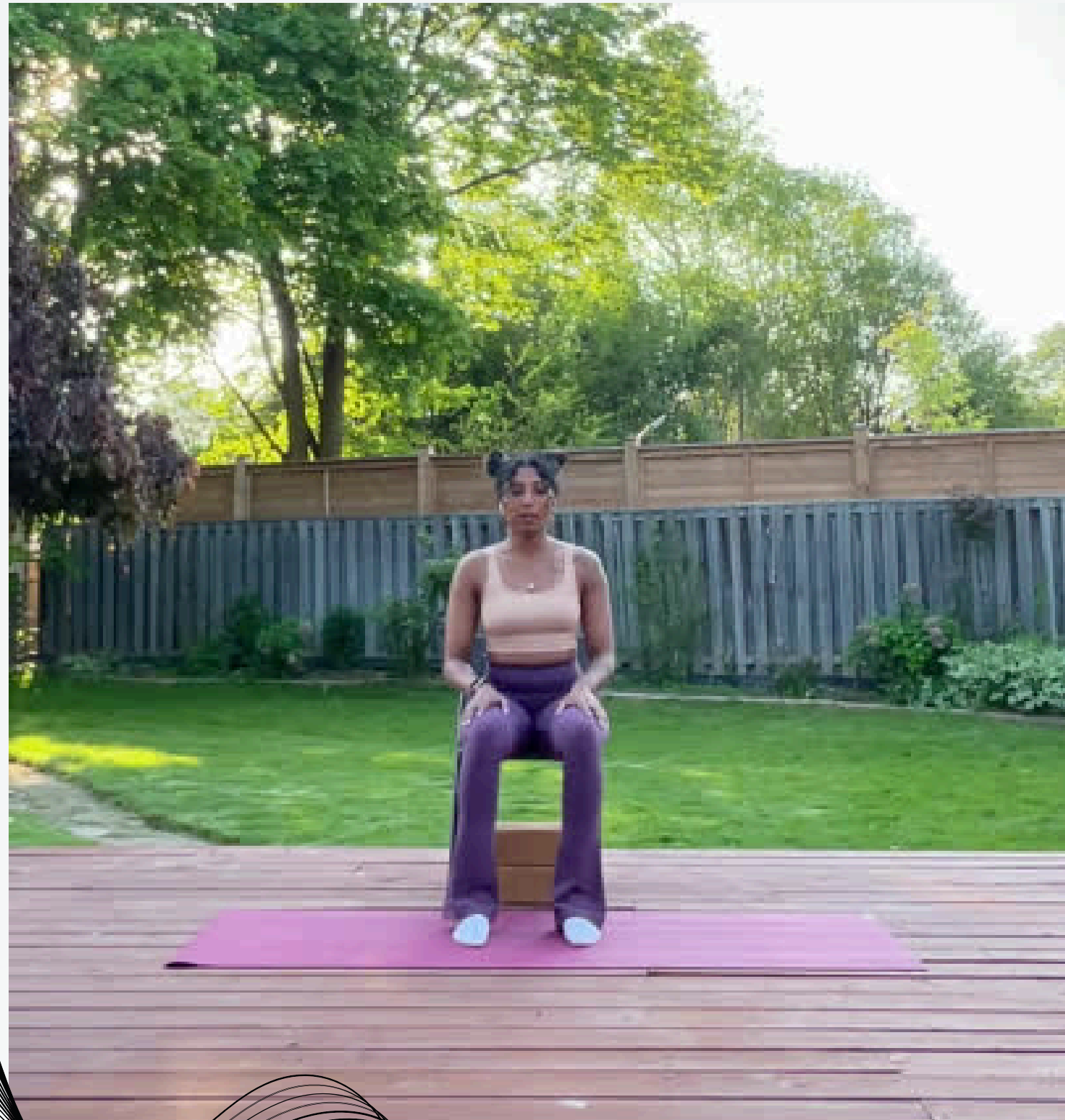
# MOVEMENTS FOR HIPS/LOWER BODY



- Seated Figure 4 / Chair pigeon
- Wind relieving pose (Knee to chest)
- Butterfly
- Happy Baby
- Single back of leg stretch



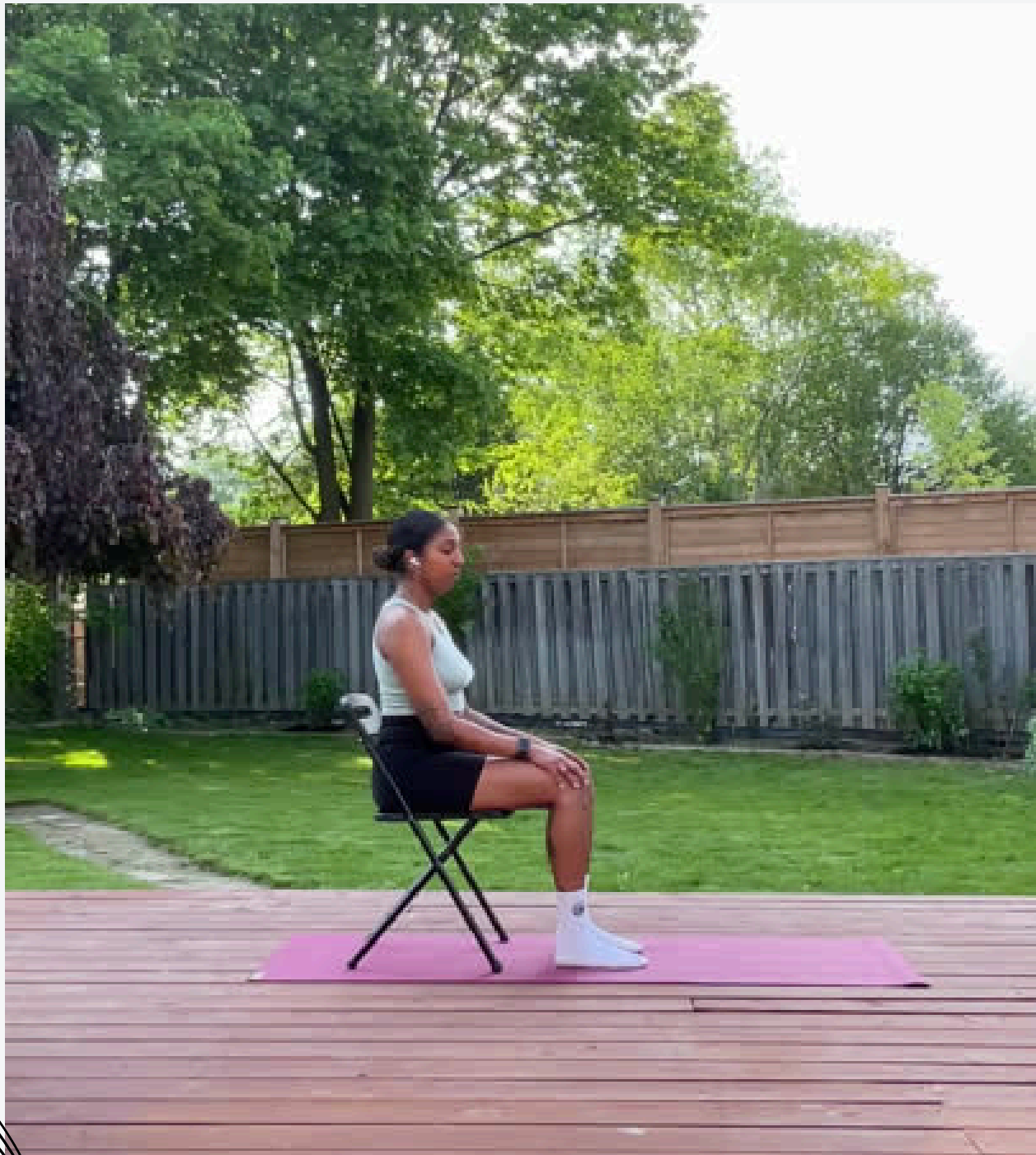
# FIGURE 4 / PIGEON



- open hips – improves hip mobility
- stretches glutes, piriformis



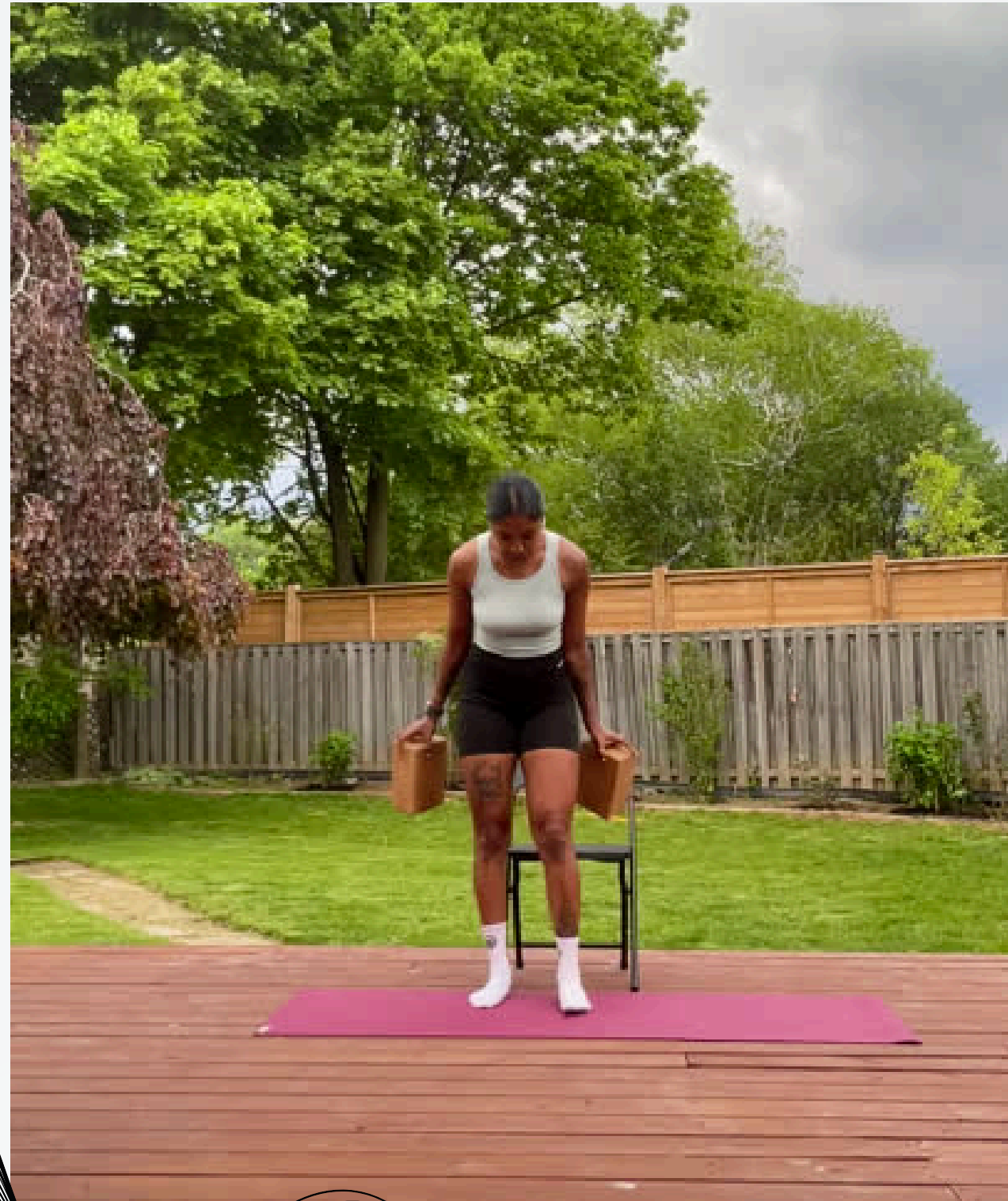
# KNEE TO CHEST



- lengthens and strengthens the spine
- low back relief
- stimulates digestive organs



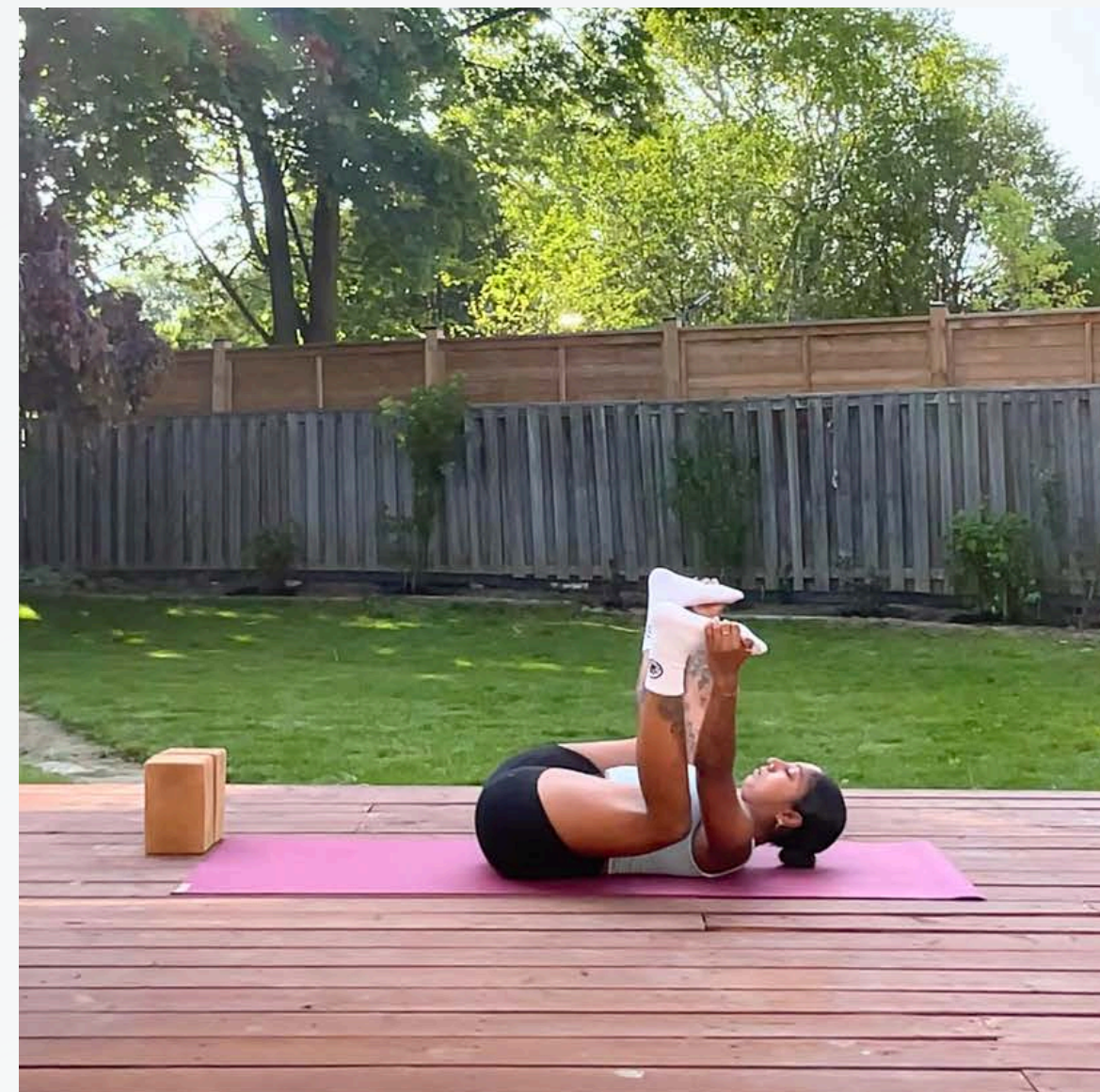
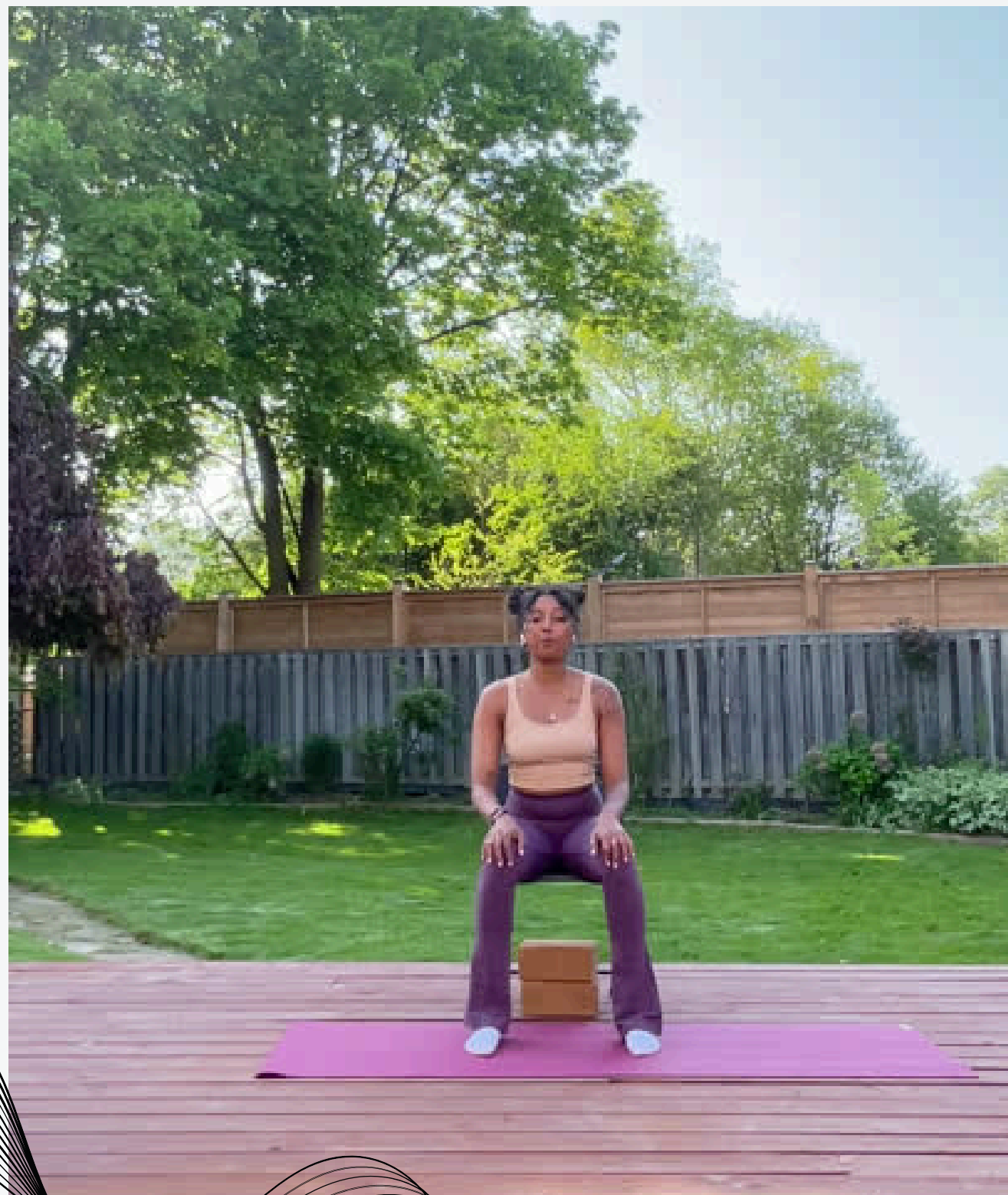
# BUTTERFLY



- opens hip – external rotation – improves mobility of hips



# HAPPY BABY



- lengthens spine
- opens hips, stretches groin & inner thighs





# **STANDING ASANA CHAIR ADAPTIONS**

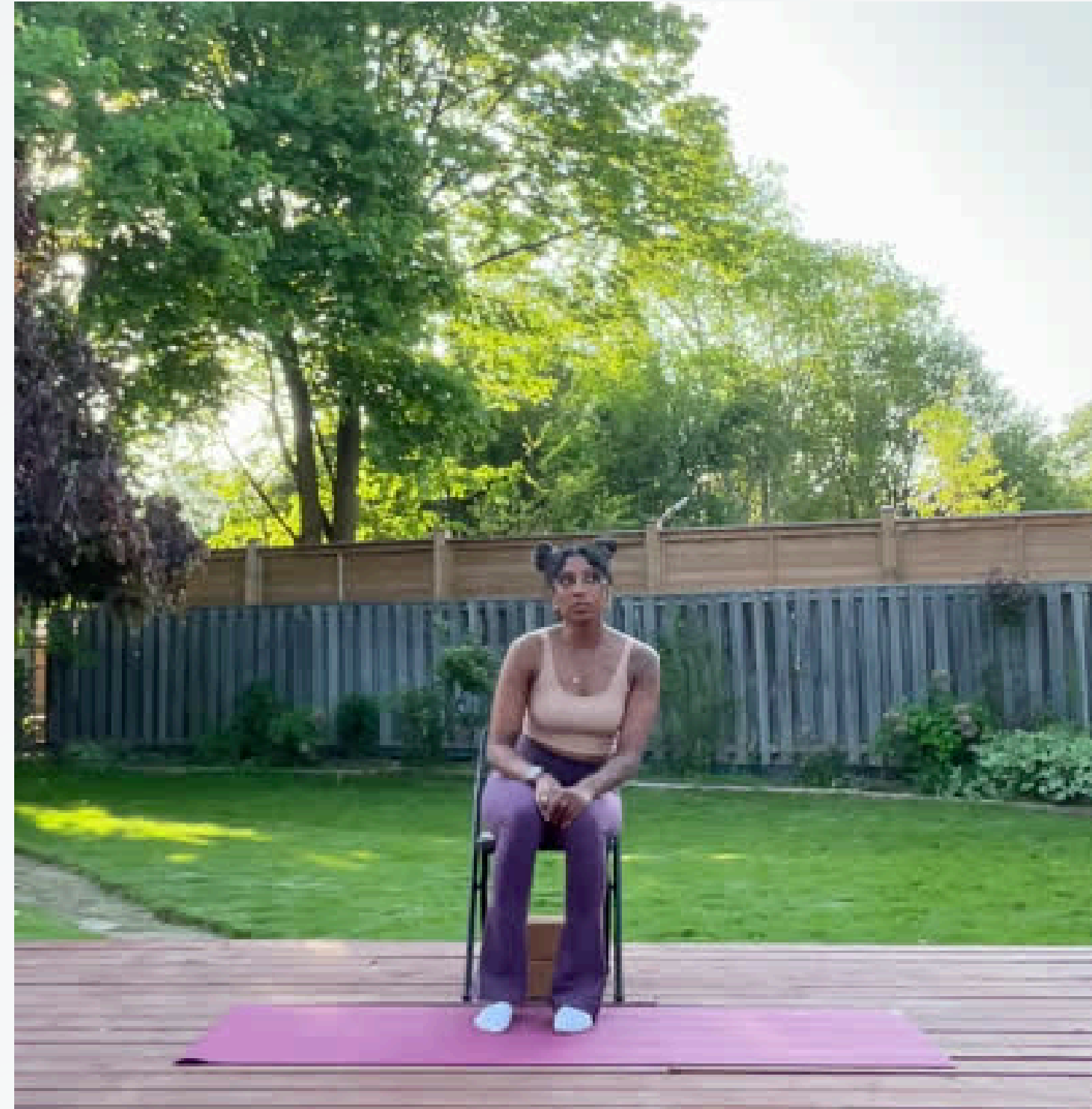


- High Lunge
- Warrior 1
- Warrior 2 – Revolved Warrior 2
- Extended Side Angle
- Goddess
- Triangle
- Eagle



# STANDING

1. High lunge
2. Warrior 2
3. Reverse Warrior 2
4. Extended Side Angle



- stretches thigh muscles
- strengthens hip, knees, ankles
- strengthens shoulders
- lengthens side body





High lunge



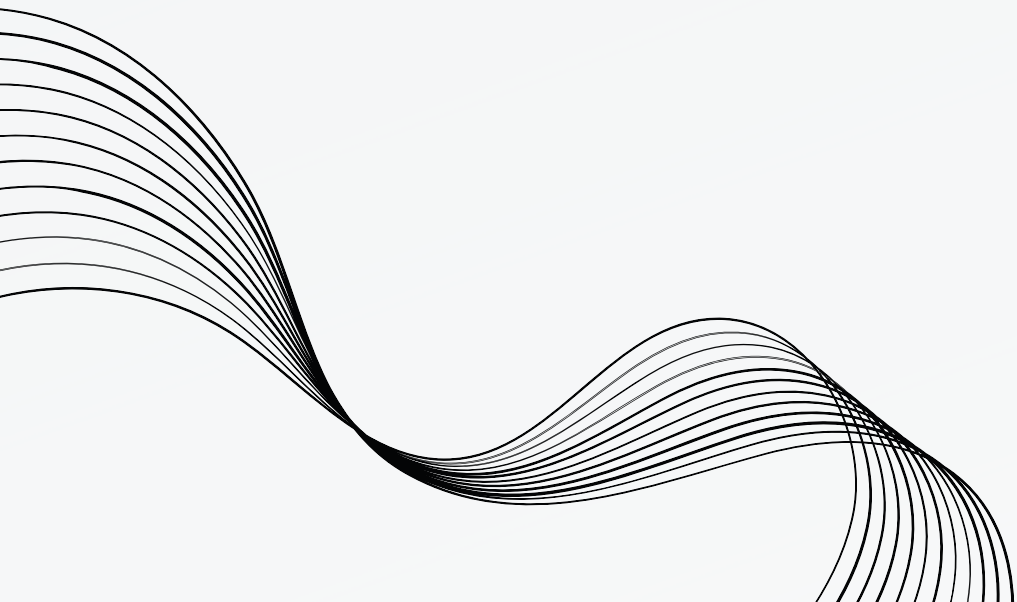
Warrior II



Reverse Warrior II

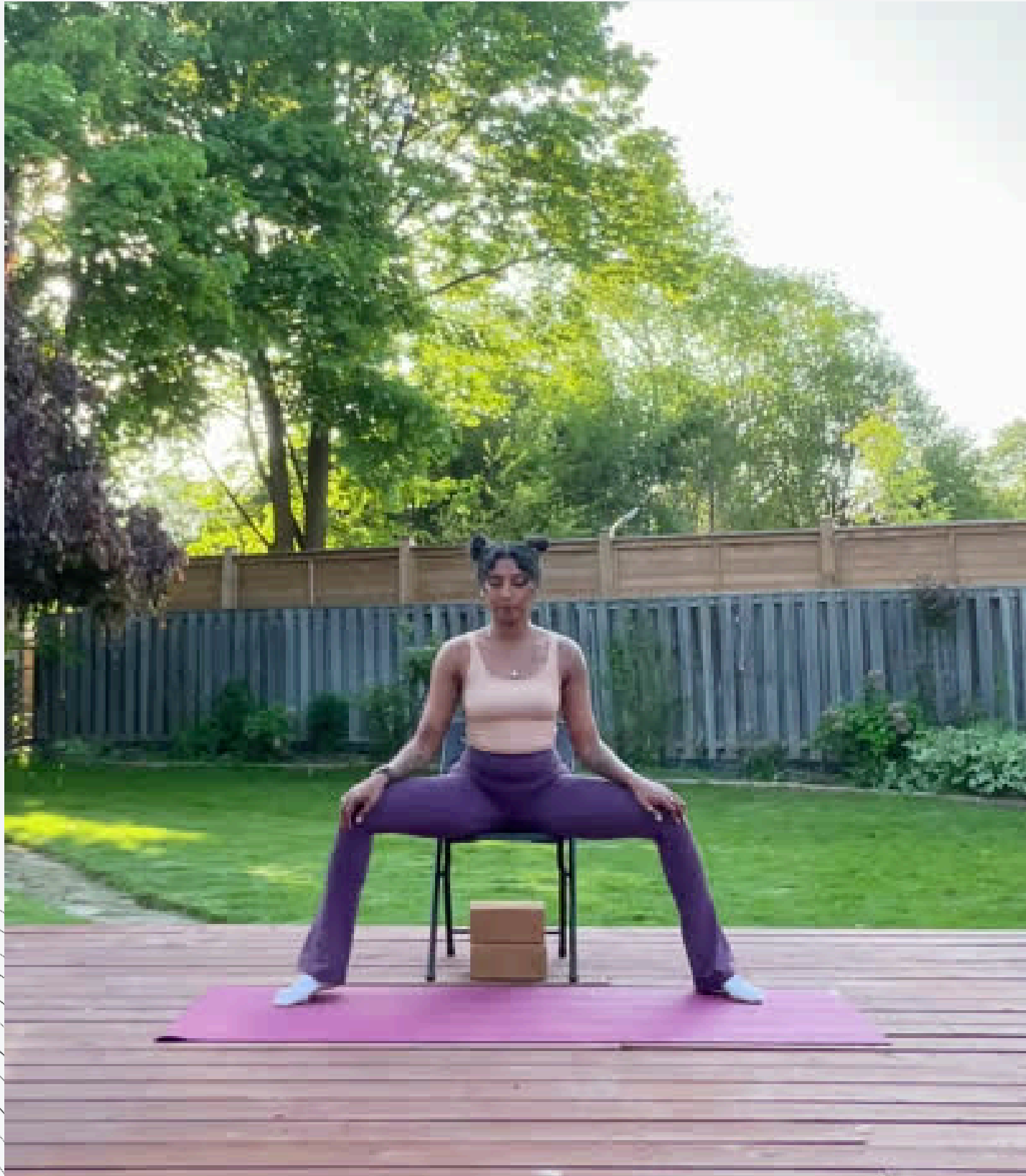


Extended Side Angle





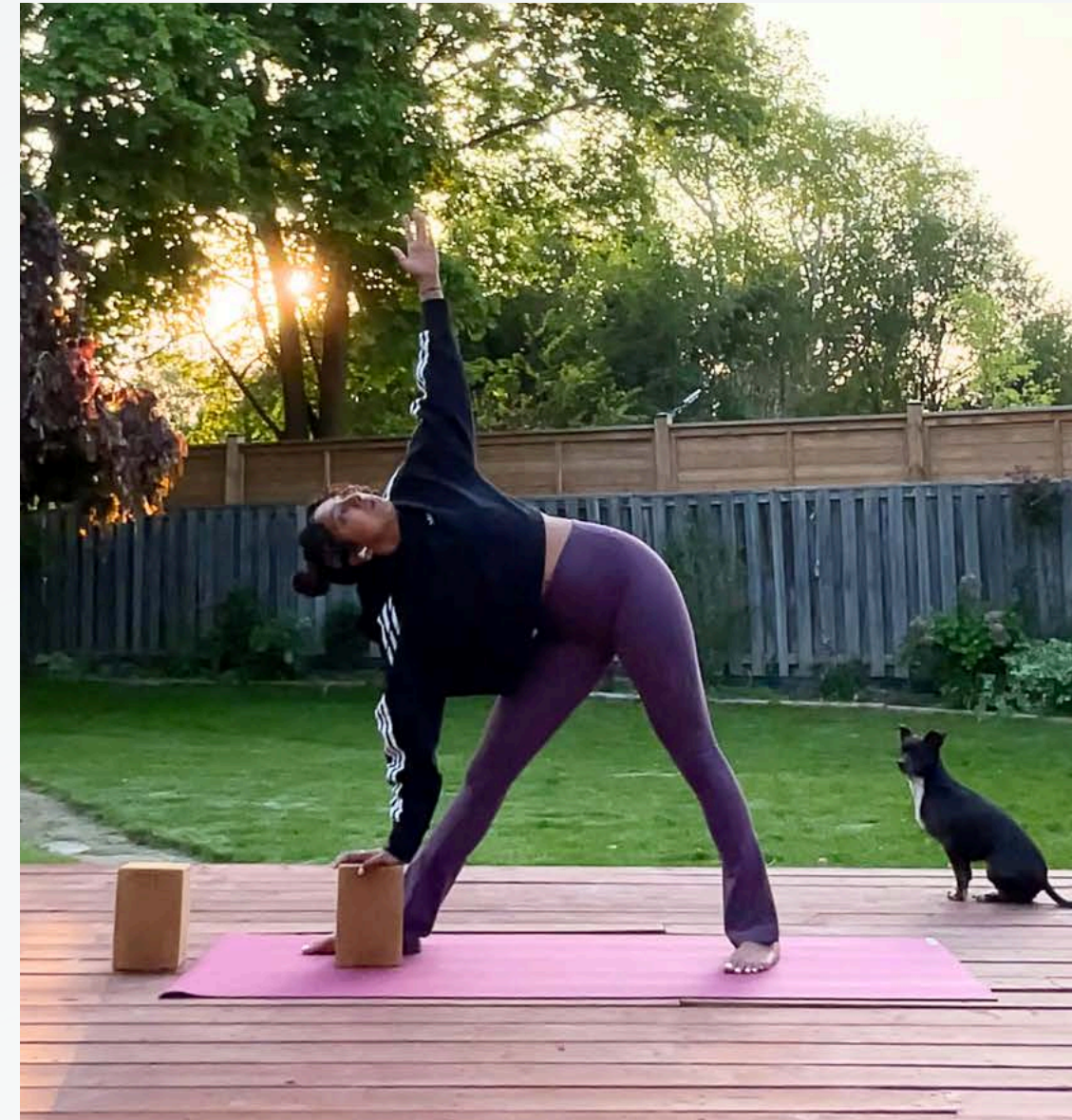
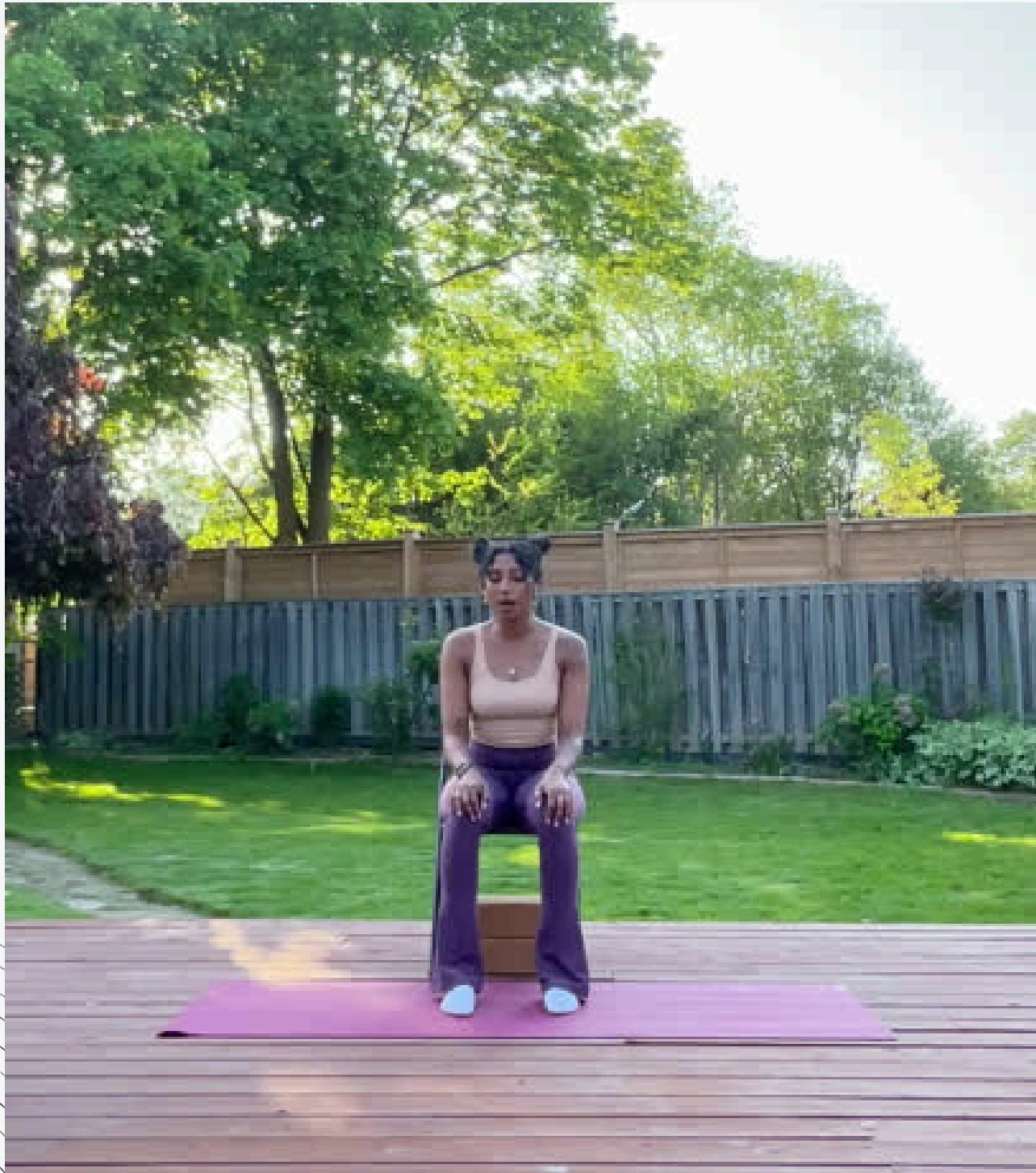
# GODDESS



- strengthens and stretches inner thighs
- strengthen spines, opens heart space/chest



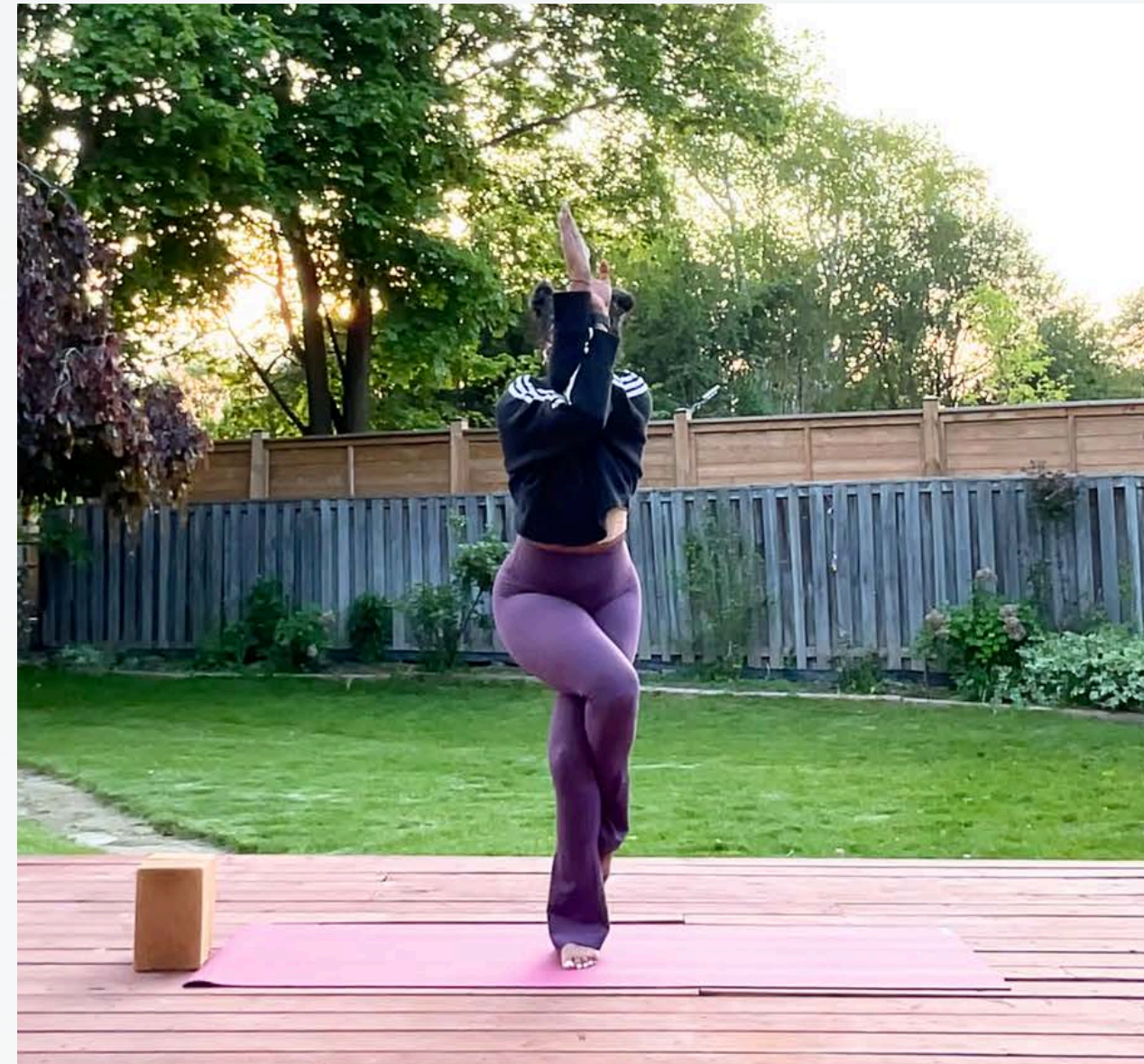
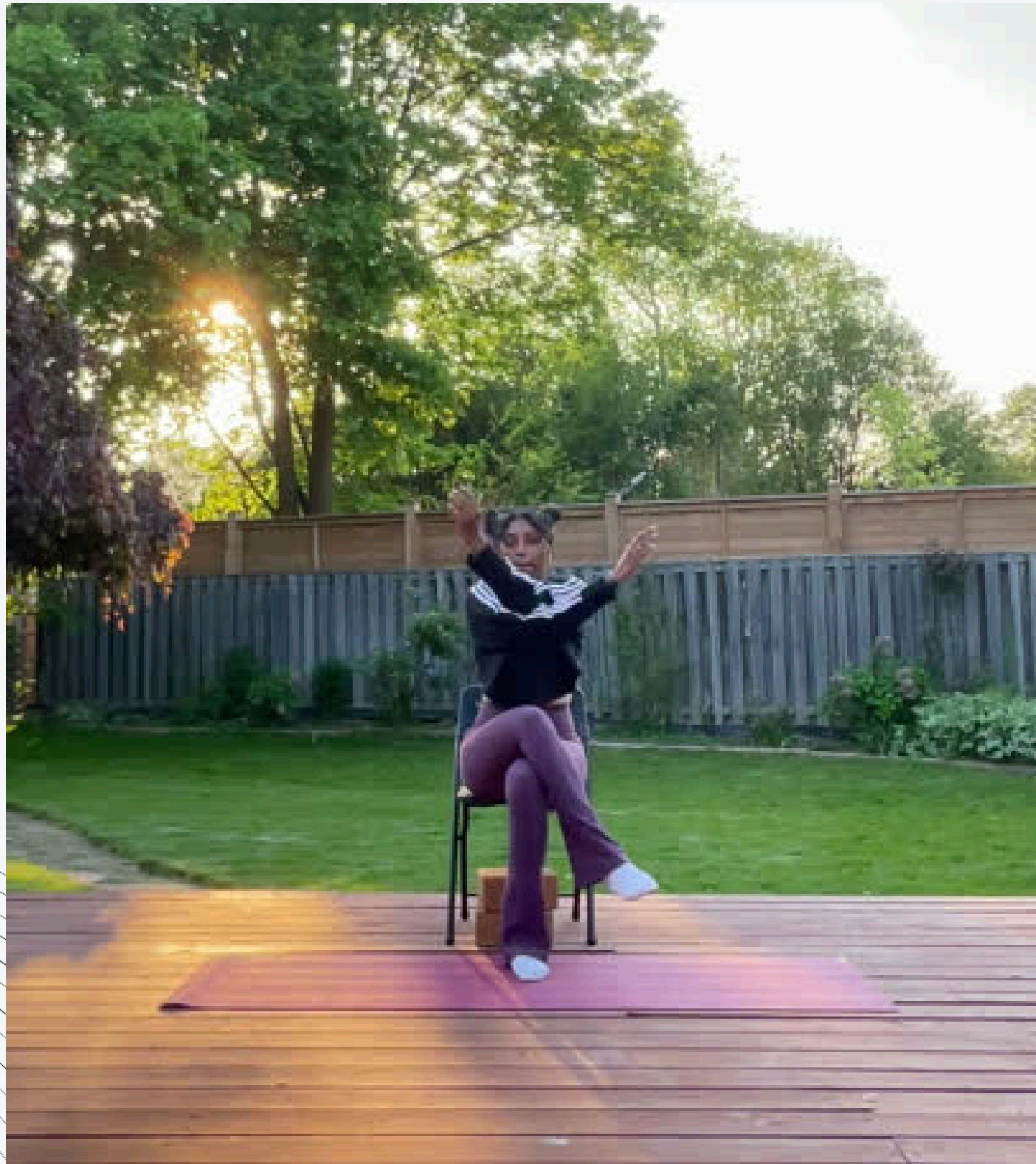
# TRIANGLE



- lengthens side body (torso)
- opens chest, shoulders, hips – stretches thighs



# EAGLE



- opens upper back
- strengthens shoulders





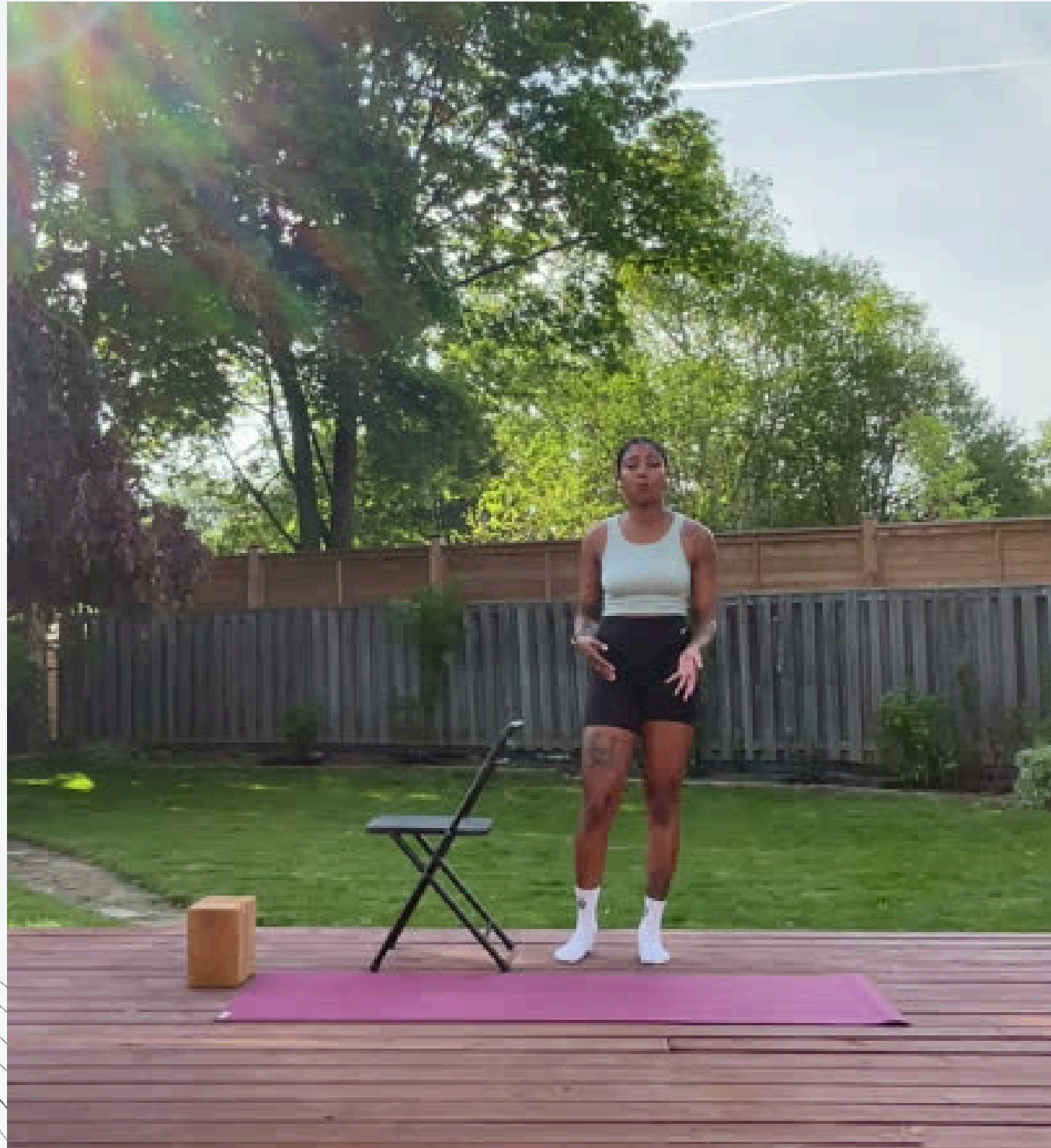
# **STANDING SHAPES WITH CHAIR ASSIST**



- Balancing shapes
- Chair = block -> ex. Triangle/Pyramid
- Puppy
- 1/2 split to low lunge
- Shoulder stand



# BALANCING



1. Hand to Knee/ Hand to Big Toe
2. Tree
3. Dancers

- provides increased stability and support for playing with balance
- hips, glutes, front and back of thighs, ankles, core
- grounding



# CHAIR = BLOCK



- allows shapes and movements to be more **accessible to available ranges of motion** within the client
- This allows clients to bring more **awareness and engagement to the intention of the shape** ie. lengthen side body, open chest etc.



# PUPPY



- stretches upper back, shoulders, chest



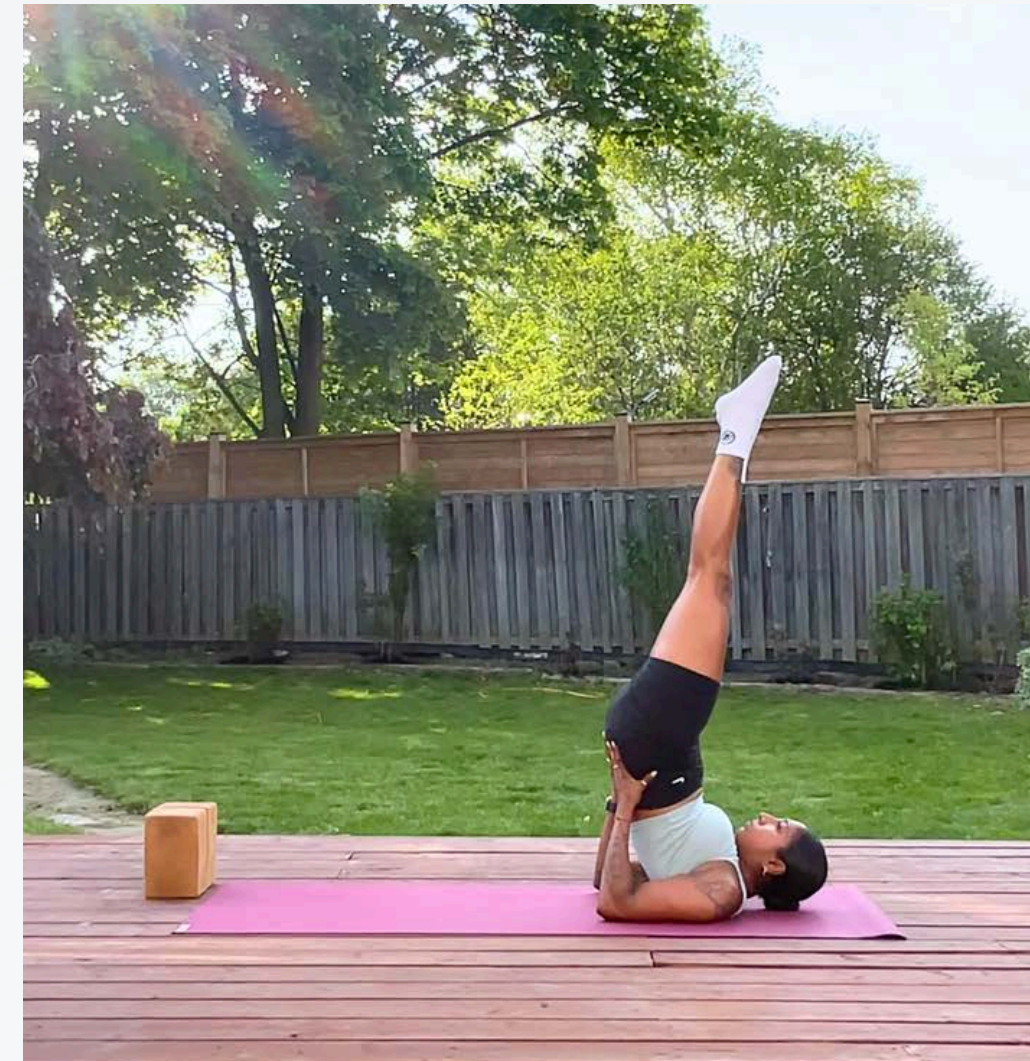
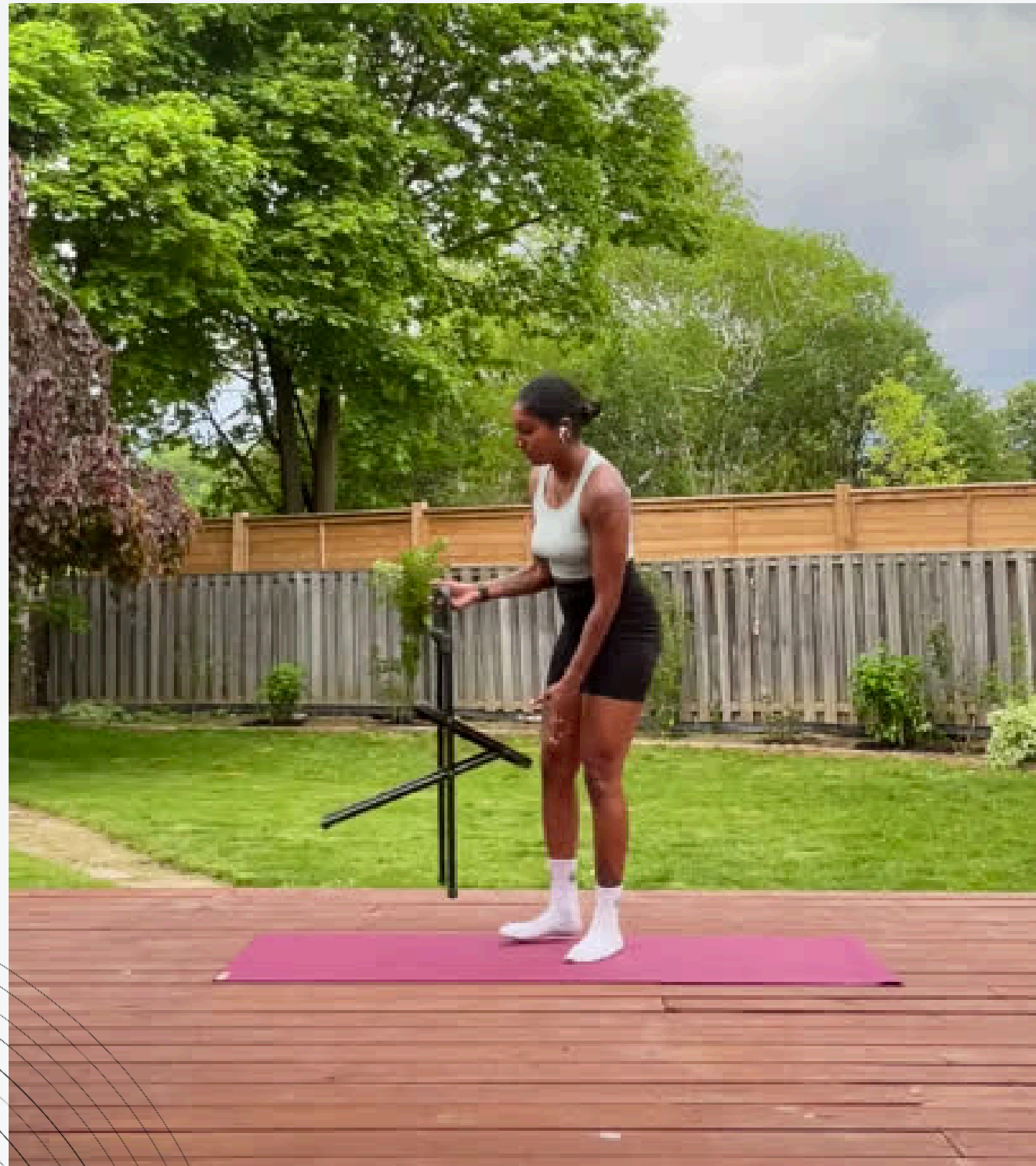
# 1/2 SPLIT <-> LUNGE



- stretches hips, hip flexors
- stretches and lengthens backs of legs – hamstrings, calves



# SHOULDER STAND

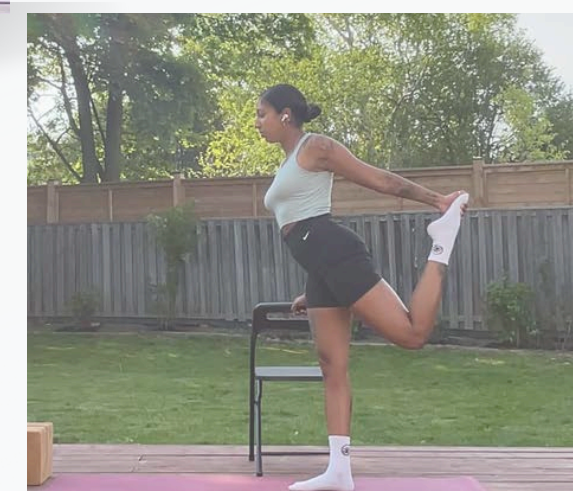


- benefits of an inversion:
  - improves circulation
  - calms nervous system + mental clarity
  - relaxes the lower body
  - low back relief



# RECAP

- Can use a chair in yoga asana in a **variety of ways** and is **beneficial for everyone**
- Provides adaptations of traditional asana creating **greater accessibility** for those with mobility/balance limitations
- **Empowers and supports** in yoga asana by allowing clients to **comfortably move** through their **accessible range of motion**, **preventing compensation** from other body parts and allowing **greater focus** on the **intended purpose** of shape
- Provides **tactical feedback** and promotes **engagement of muscles** and development of **mind/body connection**





# THANKS FOR WATCHING

*CHAIR YOGA FOR MOVEMENT  
FACILITATORS*

*Led by: Sujena Sutharsun*

