

# Chair Yoga Exercises for Beginners

Three Part Breathing



'Yes' & 'No' Head Movements



Side Neck Stretch



Back of the Neck Stretch



Head Circles



Wrist Figure-Eights



Wrist Flexion & Extension



Carpal Tunnel Stretch



Arms Overhead



Shoulder Shrugs



Shoulder Swimming



Side Bend



Cat/Cow Flits



Hug Opposite Shoulders



Chest Opener



Cross-Leg Twist



Hip Opener



Forward Bend



Polka/Flap Feet



Ankle Rotations



Lunge



Seated Downward Facing Dog



Standing Downward Facing Dog



Relaxation Pose



Triangle pose



Seated Neck Rolls



Seated Mountain Pose



Seated Eagle Arms



Chair Warrior I



Tree Pose



# Yoga For Beginners 2025 Tutorial

**Ntathu Allen**



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