

Seven Chair Yoga Essentials for Everyday Life

1. Improve Your Balance - Brush Your Teeth on One Leg

1. Stand by a flat tabletop or counter. Lift your right foot a bit. With your right arm, brush the upper left corner of your mouth for 30 seconds
2. Now put the toothbrush in your left hand and raise your left foot. Brush the upper right corner of your mouth for 30 seconds.
3. Switch again, putting the toothbrush in your right hand and lifting your left foot. Brush the lower left corner of your mouth for 30 seconds.



4. Put the toothbrush in your left hand and lift your right foot. Brush the lower right corner of your mouth.

2. Strengthen Your Legs - Mini-Squats

Sit on a chair keeping your spine straight but not strained, relax the shoulders.

Feet are hip distance apart, parallel to each other. Hands on the knees.

Press your feet firmly into the floor and lift your hips 5-10 cm up. Then sit down again.

Repeat 3-6 times, 3- 5 times a day.

If it's hard for you to stand up, start from leaning forward with the straight spine, pressing your feet firmly into the floor.

Repeat 3-6 times, 3- 5 times a day.



3. Help Your Knees with Acupressure Knee Massage

1. With flat palms rub the inside and outside of the knee as if you were trying to light a fire.

2. Thumbs massaging the knee cap and fingers massaging back of knees.

3. With your finger tips pinch a pie crust around the knee cap. This helps to draw oxygenated blood to the knee.



4. Improve Your Posture, Stretch Your Lower Back and Hamstrings

Stretch your right leg, lift the toes. Put both hands on your left knee. Inhale and lean forward with the straight spine. Breathe naturally and stay in this pose for 0.5 - 1 minute. Don't push your body forward, let gravity do its work. Change the leg and repeat. Do this exercise 2-3 times a day.



5. Fight Arthritis with Finger Massage

This is my favourite exercise for fingers. You will feel the difference right away. Do it every day 1-3 times. Massage each finger in a circular motion - from the tip of the finger to the base. Especially around knuckles. Then "wash" your hand by squeezing it. Change hands and repeat.



6. Neck Tension Release

Turn your head to the right.
Bring the chin closer to the chest
and move it from right to left like
drawing a semicircle. Repeat in the
opposite direction.
Do this exercise 3-5 times.



7. Ease Your Shoulder Tension with Shoulder Circles

Bend your elbows and see if you can
touch your shoulders with your hands.
Begin to draw circles clockwise with
your elbows starting small and getting
progressively larger and then back
down to small once again. Do it 3-5
times.
Repeat in the opposite direction.

