

Chair Yoga for Seniors



Forward Bend



Leg Lifts



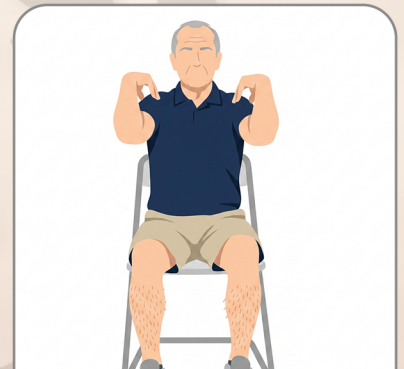
Seated March



Cat-Cow Stretch



Neck Rolls



Seated Shoulder Circles



Seated Twists



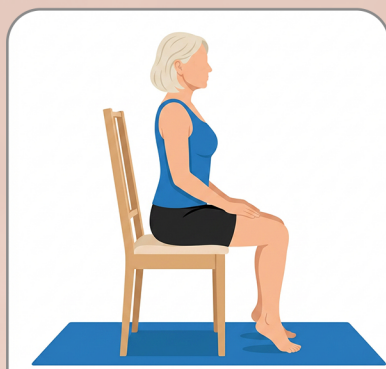
Side Stretch



Hands Up



Chair Flexing Foot



Heel Raises



Seated Mountain Pose