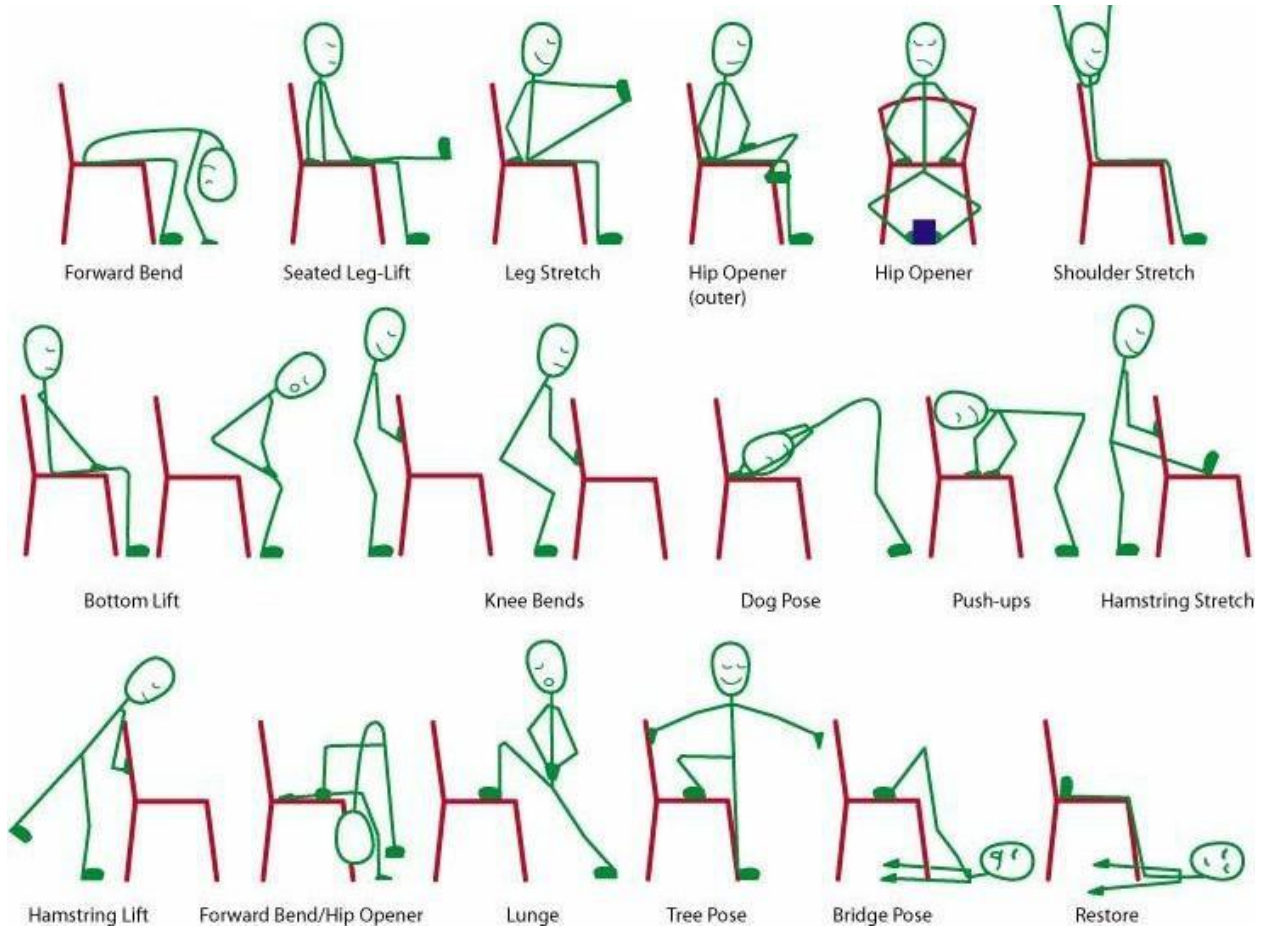


Welcome to the Beginning Teacher's Emergency Guide to Chair Yoga !



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Introduction

The idea for this project came to me during a level 1 class observation. A few minutes prior to the class start, the teacher was informed that she would have a drop-in student join the class, and that he would require the use of a chair, due to his physical limitations. While this particular teacher's class plan for that day did not include the use of a chair, she proved to be incredibly flexible, accommodating, and by thinking quickly on her feet, she modified poses by using a chair. The class was a success. In addition, I realized, that during the teacher training process, I have been building a "toolbox" of skills, which will all help me, when I begin to teach yoga to my students.

The following pages are designed to give you ideas, to spark your own creativity, and most importantly, to help you, when you find yourself in a bind. Here you will find simple chair asanas, along with modifications, which can be appropriate for levels 1 and 2 classes.

I truly hope, that you find this basic guide useful, and make it a part of your new teacher's toolbox.

Namaste,

Natalia

Chair Yoga

The term Chair Yoga refers to one of the most gentle types of yoga practice. While Chair Yoga is not a separate style of yoga, many yoga traditions, including Hatha and Iyengar, have been known to utilize chairs for support during asana practice.

In many cases, the use of the chair makes it possible for individuals who are physically impaired or limited to benefit from yoga, since they may otherwise not be able to practice in the traditional way, on the mat. Moreover, according to Lakshmi Voelker, E-RYT 500, and author of "Lakshmi Voelker Chair Yoga," chair yoga has helped people with the symptoms of many health issues including: hypertension (high blood pressure), anxiety, chronic fatigue syndrome, arthritis, vertigo (medical), multiple sclerosis, carpal tunnel syndrome, clinical depression, and chronic pain.

In addition, the technique of using a chair as a prop has been widely used in prenatal yoga, and with students who simply like to have more support for balancing poses.

It is a widely held belief, that yoga can benefit anyone, regardless of age, inflexibility or even disability, and according to many teachers, "If you can breathe, you can do some form of yoga."

Warm Up

Basic Sequence





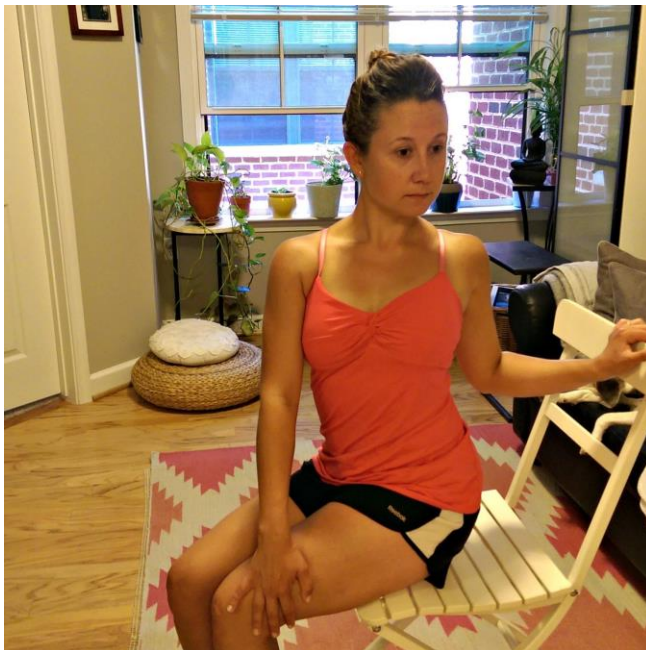
Cat/ Cow spine stretches



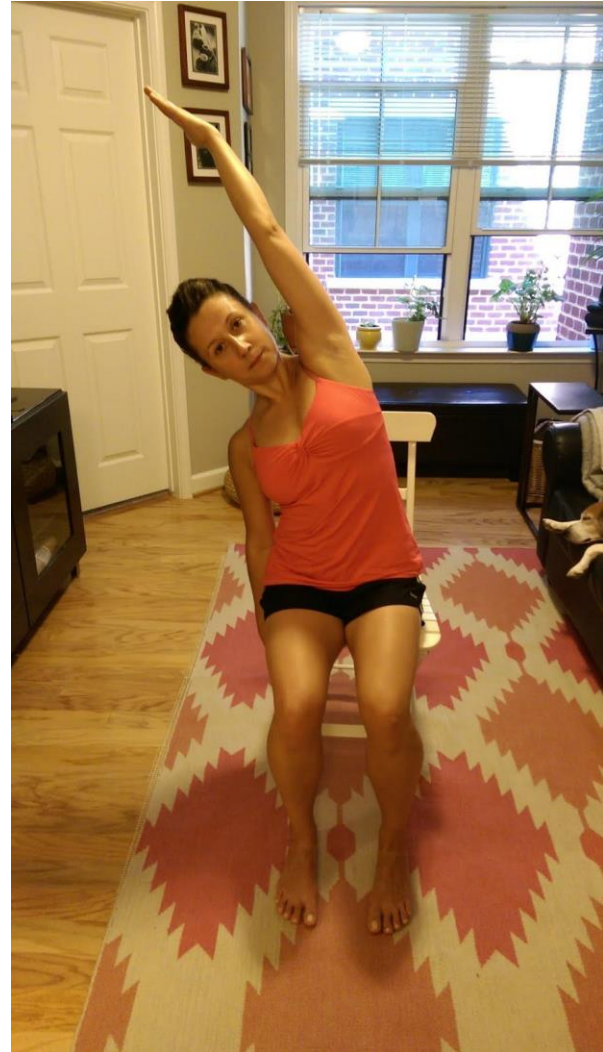
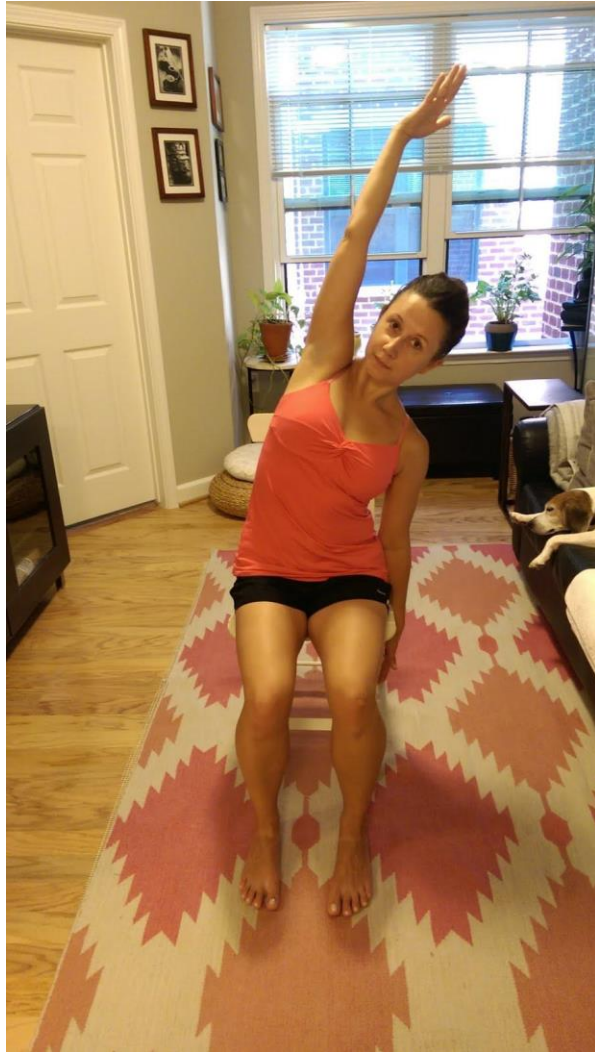
Forward Bend



Spinal Twist



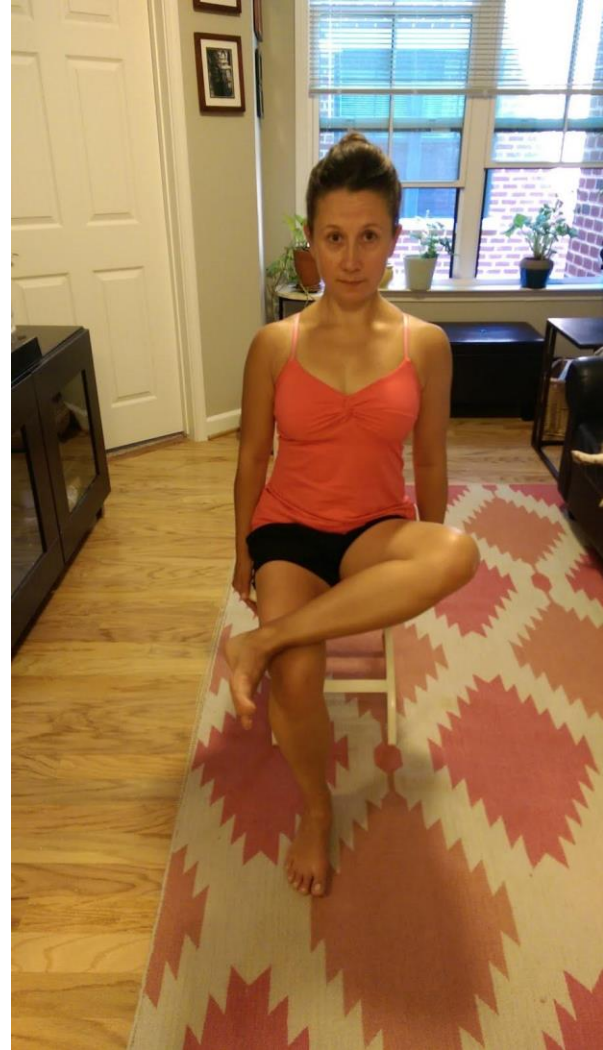
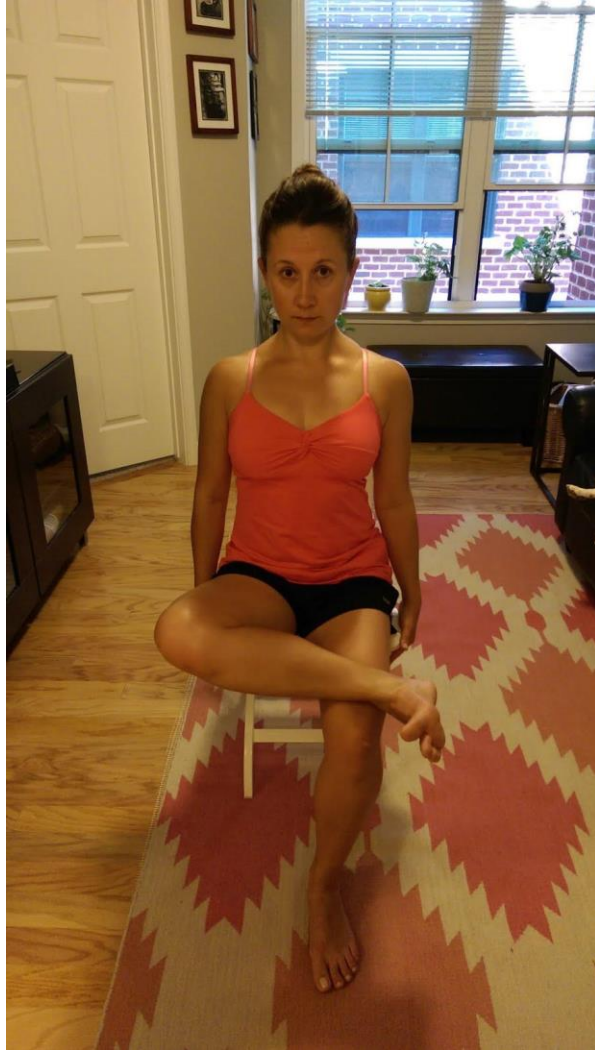
Side Stretch



Ankle Rotations

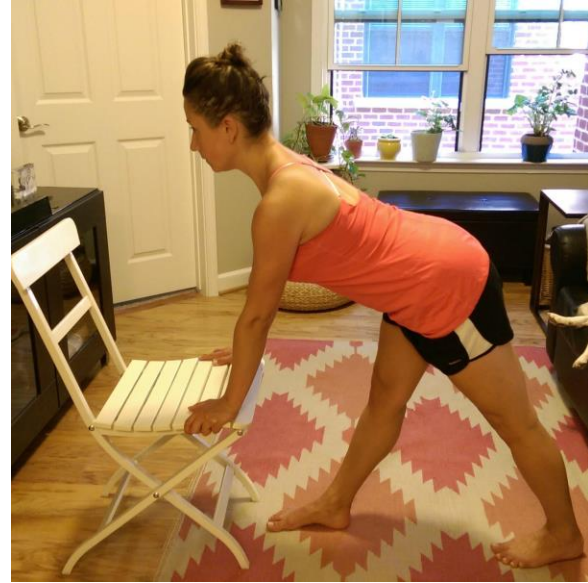
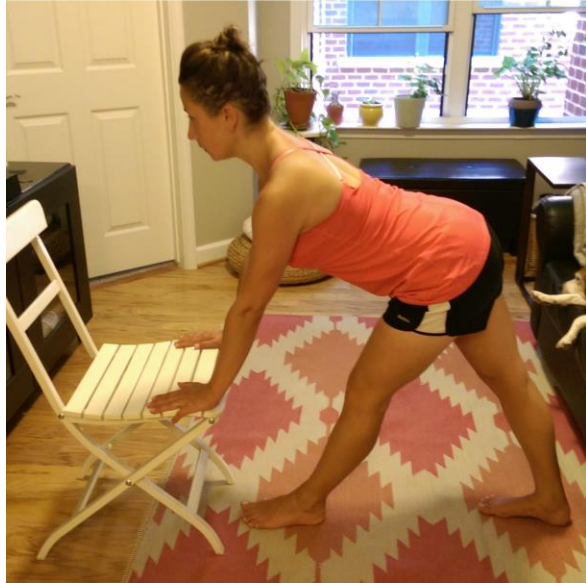


Hip opener

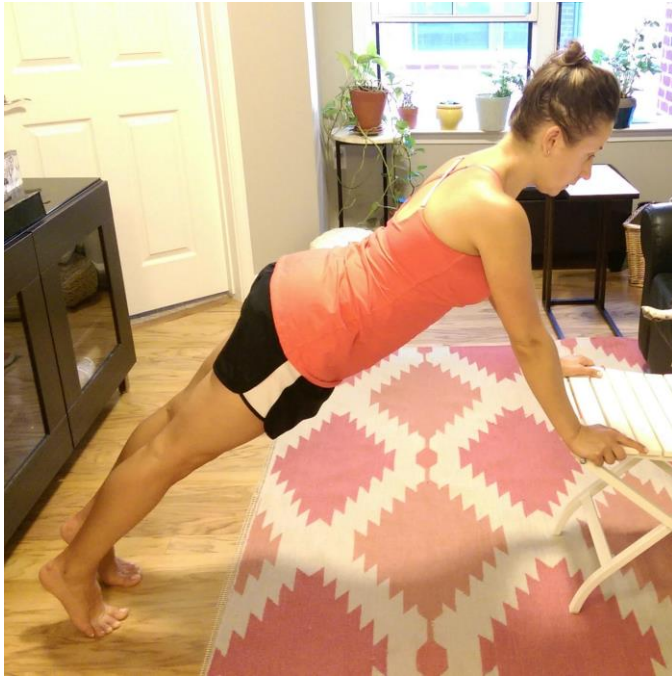


Standing Poses

Asana Ideas



Plank with a chair



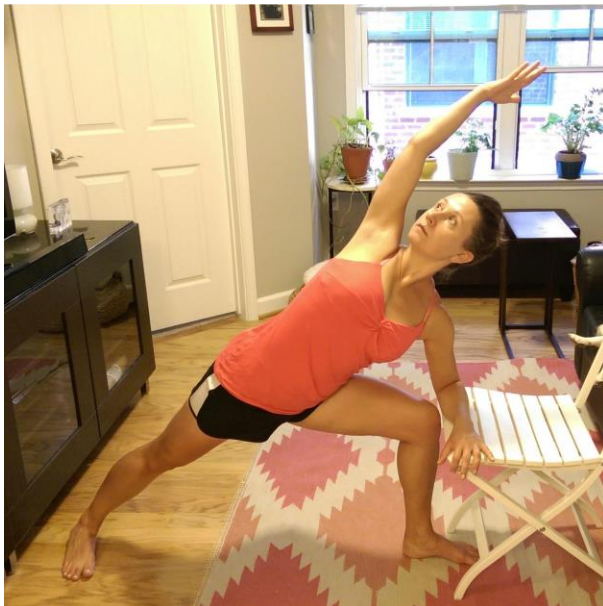
Wide legged forward fold with a chair



Crescent Lunge



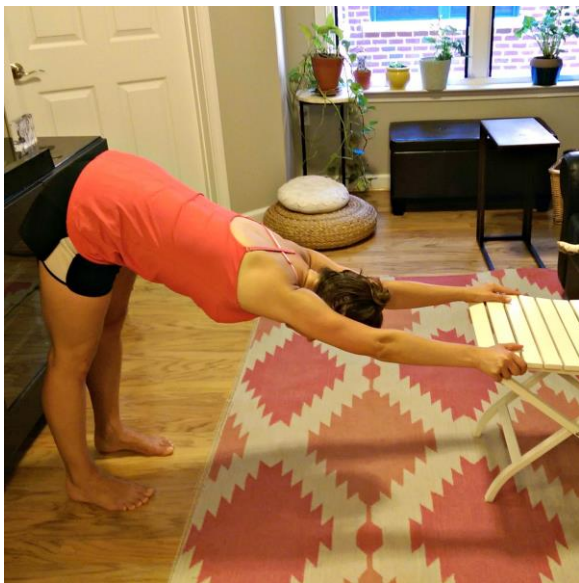
Extended Side Angle



Triangle



Downward-Facing Dog



Final Relaxation

Savasana with legs on the chair



References and resources

Lakshmi Voelker

http://www.getfitwhereyousit.com/who_benefits_from_chair_yoga_fitness_exercise.html

Top Chair Yoga Poses for Seniors

by Su Reid-St. John

<http://spryliving.com/articles/top-chair-yoga-poses-for-seniors/>

Chair yoga websites:

<http://www.livingwordsofwisdom.com/chair-yoga.html>

<http://blog.breathefirstyoga.com/>

Books:

A Chair for Yoga: A complete guide to Iyengar Yoga practice with a chair

by Dr. Eyal Shifroni

Chair Yoga for You: A Practical Guide

by Clarissa C. Adkins, Olivette Baugh Robinson, Barbara Leaf Stewart

Yoga For Wimps: Poses for The Flexibly Impaired

by Miriam Austin and Barry Kaplan