

# Free Chair Yoga Poses

## Seated Mountain Pose

Sit tall with your feet flat on the ground, hands resting on your thighs. Engage your core and lengthen your spine. Breathe deeply for 3-5 breaths.

## Seated Cat-Cow Stretch

Place your hands on your knees. Inhale as you arch your back and lift your chest (Cow). Exhale as you round your spine and tuck your chin (Cat). Repeat for 5-8 breaths.

## Seated Twist

Sit tall and place your right hand on the outside of your left thigh. Inhale to lengthen your spine, exhale to gently twist to the left. Hold for a few breaths, then switch sides.

## Seated Forward Bend

Inhale to sit tall, exhale as you gently fold forward from the hips, letting your hands reach toward your feet or the floor. Hold for 3-5 breaths.

## Seated Side Stretch

Raise your right arm overhead and lean gently to the left, feeling a stretch along your right side. Hold for a few breaths, then switch sides.