

Name: _____

Date: _____

chair yoga 1

I Y E F F V V W I D L O F D R A W R O F B C F I
J O E D O W N W A R D F A C I N G D O G T U X U
O P S K K C E N E L T R U T Q P M I N U A Z A Z
P P H O N S U H T A E R B S U T O L L M P H V P
C I A N C O D Y M C A Q A M X T R I A N G L E M
P P A R H W M X X T H U M B F I N G E R A K S G
J M D N T C Z C Q O F G P S E L C R I C T E E F
I O U G O S I P O I N T A N D F L E X C J Y O I
V V Y Q E F T H R E E C O U N T B R E A T H V G
C I K B J M I H E Y Q B O E O D D F P G E H Z M
U N R D R T U N J S W M A D B P Z C K S H J F V
B G C P R E I R G U Q A E L P E D H L E T U Z W
D P G Y X H A T I E Q T N U A W R A R O I W M X
L A E N P S H T U G R Y F L I N G I N T F A Q J
J L F S P E I G H C E S E I I P C R S E Y R B I
U M D J B S B D S G N I W D R I B E G T L D B S
W S K A K U E D E Z W K J Y S D E R U A I U Z E
V L L R Y W G P B B R Z U S S Y J J R N P M M L
E L E W A R R I O R E J A T C D X G H R W A B R
L U Q E S O P E E R T N W S Y O V N S E Z N Q W
E L U D I M P H C O V I D P R R K X G T W A K N
M G Y C L W S P Y A S E S K C G Q Y Y L Q H O N
A J S O R G B Z T T A B Q E O P O T J A P J O C
C G J V B E E M U D R A G I W E N A R C Y V H D

downward facing dog
piano fingers
moving palms
bird wings
triangle
shrugs
camel
mat

three count breath
feet circles
lotus breath
joy breath
sidebend
monkey
twist

alternate toes
thumb finger
turtle neck
tree pose
balance
strap
crane

point and flex
forward fold
jhana mudra
bee mudra
warrior
chair
ball