



CHAIR YOGA

Spinal Mobility



UPPER HUNTER YOGA
Spinal Mobility Video

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www.upperhunteryoga.com.au/chair-yoga



Strong Spine Series

Exercise 1: Side to Side

Spine straight & tall. Crown to sky.
Engage pelvic floor, belly & long back of neck

BREATHE IN



Without folding forward,
Reach Left fingertips half-way to the floor

BREATHE OUT



Strong abdominals
Reach crown to sky

BREATHE IN



Without folding forward,
Reach Right fingertips half-way to the floor

BREATHE OUT



Repeat 2-3 times to each side





Strong Spine Series

Exercise 2: Twist

Spine straight & tall. Crown to sky
Engage pelvic floor, belly & long back of neck
Criss-cross arms over heart

BREATHE IN



Shine your heart out to the Left

BREATHE OUT



Come back to centre
Strong abdominals, long spine, reach crown up

BREATHE IN



Shine your heart out to the Right

BREATHE OUT



➡ Repeat 2-3 times to each side



Strong Spine Series

Exercise 3: Rooster

Spine straight & tall. Crown to sky.
Engage pelvic floor, belly & long back of neck

BREATHE IN



Round out spine, shine back-of-heart backward
Tuck tail bone under, chin towards chest
Ears away from shoulders

BREATHE OUT



Arch spine, shine front-of-heart forward
Poke tail bone out behind you, lift chin
Ears away from shoulders

BREATHE IN

Repeat 3-4 times: forward & back



Return crown to sky, eyes forward
Soften the shoulders

BREATHE OUT

Rest now for 5 big breaths

