

# TOP 5 CHAIR YOGA POSES

Chair yoga is a simple way to bring gentle movement and stillness into your workday – right from your chair. It helps release tension, improve posture, and re-energise the body – without needing a yoga mat or changing out of work clothes.



## SEATED MOUNTAIN POSE (PARVATASANA)

Sit tall with feet grounded, spine long, and arms by your side and fully engaging the body. It helps build strength, awareness, and a sense of grounded presence, even while seated.



## SHOULDER ROLLS & NECK STRETCHES (GREEVA SANCHALANA)

Roll shoulders up, back, and down. Gently tilt the head side to side. These simple movements help release built-up tension from screen time and poor posture.



## SEATED SPINAL TWIST (ARDHA MATSYENDRASANA)

Place your left hand on right knee and gently twist from the waist, keeping the hips facing forward. Take your right hand to the back of the chair and gaze over the right shoulder. Repeat on the other side. This gentle twist helps release spinal tension/stiffness, improve posture and support digestion—especially useful after sitting or eating.



## SEATED CAT-COW STRETCH (MARJARYASANA–BITILASANA)

Inhale to arch the back, look towards the roof and open the chest (cow), exhale to round the spine (cat), tuck your chin in and draw the belly in. A great way to loosen the back and reset your energy during long sitting hours.



## SEATED FORWARD FOLD (PASCHIMOTTANASANA VARIATION)

Bring your left ankle to rest gently on your right knee, creating a figure-four shape. With a long spine, hinge forward from the hips and fold over your legs. Repeat on the other side. This calming pose opens the hips, and help quiet a busy mind – perfect for mid-day reset or end-of-day unwind.