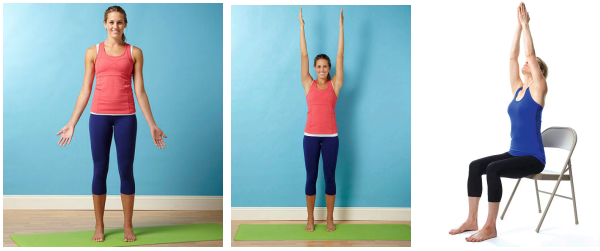


Yoga Sequence



Mountain Pose (hands straight above head)



Side Bend Mountain pose (side bend each side)



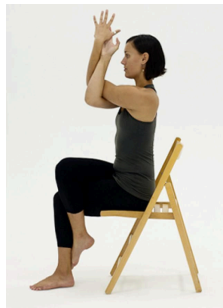
Center (four deep breaths in through the nose out through the mouth)



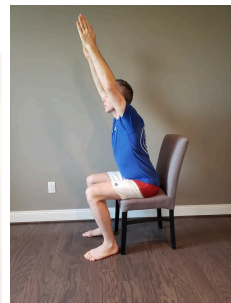
Tree (one leg bent and placed on abductor of opposite leg, balance, arms up)



Side Bend tree Center
Repeat on opposite leg



Eagle (wrap leg around straight leg hands to center)



Arms up, Chair pose (sitting back)



DAVID MARTINEZ

**Chair to twist(arms center, then torso twist elbows stacked, then extend arms straight with twist)
Center**



**Dancers Pose (quad stretch, lean forward bringing head and straight arm down, bring bent leg foot up towards ceiling)
Repeat on opposite leg**



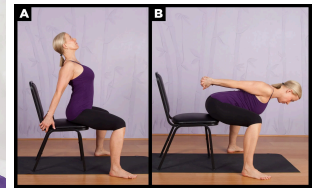
YOGA BASICS



YOGA BASICS



Half fold-full fold (repeat 3 times) legs parallel



Half fold-full fold (repeat 3 times) legs straddled



Runner's Lunge (hip flexor stretch)



Warrior One (Lunge position with arms above head extended)



Warrior Two (One arm forward one arm back/both straight arms)



Reverse warrior (Hand on the back of your leg and other arm up)



Triangle pose (open up chest one arm on inside of ankle and other arm up)



Triangle pose Deep knee lunge (arms then drop to the inside of the knee, drop the back knee, drop down to elbows if possible)



Pigeon pose (wrap opposite ankle around leg and lean into it stack hips straight facing floor)



Child's Pose



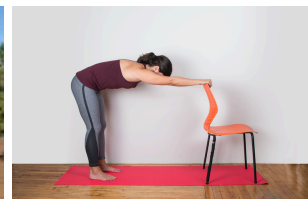
Table top (on hands and knees)



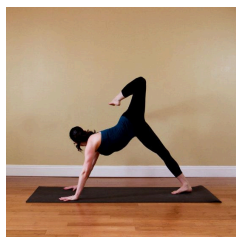
Cow (sinking stomach to the ground, arching lower back and chin up to ceiling)



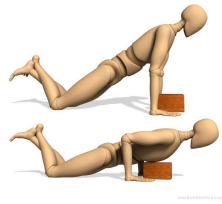
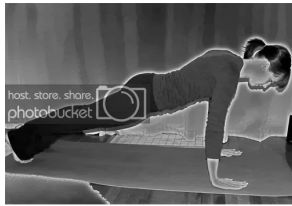
Cat (Arching/rounding back, chin to chest, extending arms)



Downward facing dog



Downward facing dog lift leg stag both sides



Chaturanga's (Downward dog, push-up high, push-up low, cobra...repeat several times)

End in downward facing dog and hold for 10 seconds



Child's pose (stretching arms forward two times this time)

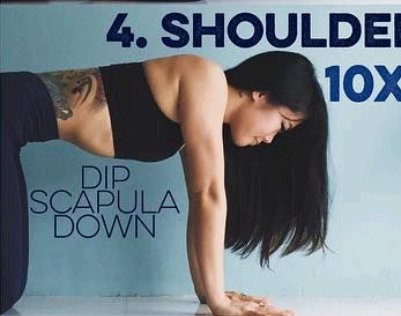
Abs (variation)



**Svasana's (relaxation pose) Laying on back palms up toes drop out.
If on stomach heels dropout...deep breaths**

YOGA SEQUENCE TO CHATURANGA

#PRODUCTOFPATIENCE
@ERICATENGGARAYOGA





liveyogalife™

be who you are!

CHAIR YOGA: LEVEL 2/ CLASS 1

Teacher : James Bryan
Intensity: Energetic
40 minutes

5. Triangle ▼



Variation - Knee Slightly Bent ▼



6. Front Leg Stretch ▼



Variation 1 ▼



Variation 2 ▼



Variation 3 ▼



7. High Plank ▼



8. High Plank - Knee to Chest ▼



9. Downward Facing Dog ▼



Back to Sitting ▼





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CHAIR YOGA: LEVEL 2/ CLASS 3

Teacher : James Bryan
Intensity: Energetic
40 minutes

Back to Sitting ▼



10. Elbow Up/Down ▼



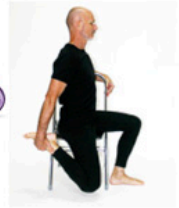
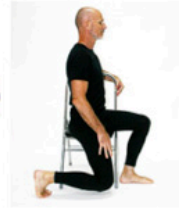
11. Hip Flexion ▼



12. Back Bend ▼



13. Quad Stretch ▼



Back to Sitting ▼



14. Supine Legs Up ▼



Sitting - FINISH ▼





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be who you are!

CHAIR YOGA: LEVEL 2/ CLASS 4

Teacher : James Bryan
Intensity: Energetic
38 minutes

1. Centering + Breath Work ▼



2. Flying Crane ▼



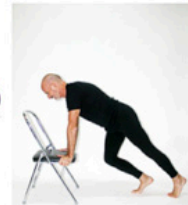
3. Tree Pose ▼



4. Triangle ▼



Variation - Knee Slightly Bent ▼





FORTRESS EXERCISE

EXERCISE BALL GUIDE

ORIENTATION Become comfortable using the ball in different positions. Keep your back and neck in a comfortable, neutral position.



1 Back lying position
Lying on back with knees bent, feet flat on floor.



2 Seated position
Sitting on ball with feet flat on floor, knees bent, maintain curve in back.



3 Kneeling position
Kneeling, sitting on ball with feet flat on floor, knees bent.



4 Prone position
From sitting position, walk feet out from ball until legs, back, head, neck, and hips are straight, feet are lightly touching floor.



5 Side lying position
Begin exercise in sitting position. Sit back on ball, arms out, stretched holding ball with both hands to one side then the other.



6 Seated position
Begin exercise in sitting position. Sit back on ball, arms out, stretched holding ball with both hands to one side then the other.

STRENGTHENING/TRUNK Maintain neutral position of neck, avoid overarching back, avoid sagging of hips.



7 Side lying position
Begin exercise in sitting position with feet on ball. Cross arms and legs in front of body, hold ball with other leg.



8 Seated position
Begin exercise in sitting position. Place one hand on ball, other hand on floor, arms in front of body, hold ball with other leg.



9 Back Extension
Begin exercise in kneeling position, abdomen on ball, holding ball with both hands, head and neck on floor, arms in front of body, hold ball with other leg.



10 Prone Walkout
Begin exercise on knees and feet, walk arms out until legs are on ball, hold ball with both hands, holding body in straight line, hold ball in sitting position and repeat.



11 Prone Press-ups
Begin exercise in sitting position, sit back on ball, place one hand on each side of ball, hold ball with both hands, arms in front of body, hold ball with other leg.



12 Trunk Control Asymmetrical Weight Bearing
Begin exercise in sitting position. Lift one leg, arms out, hold ball with other leg.

STRENGTHENING/ABDOMINAL Tighten both abdominal and buttock muscles to maintain comfortable neutral position of back.



13 Posterior Pelvic Tilt
Begin exercise in sitting position, sit back on ball, place one hand on each side of ball, hold ball with both hands, arms in front of body, hold ball with other leg.



14 Lower Abdominal Exercise
Begin exercise in side lying position, knees bent, feet on ball, hold ball with both hands, arms in front of body, hold ball with other leg.



15 Bilateral Abdominal Curl
Begin exercise in kneeling position, knees bent, feet on ball, hold ball with both hands, arms in front of body, hold ball with other leg.



16 Abdominal Curl
Begin exercise in sitting position, sit back on ball, place one hand on each side of ball, hold ball with both hands, arms in front of body, hold ball with other leg.



17 Inner Thigh Squeeze
Begin exercise in side lying position, knees bent, feet on ball, hold ball with both hands, arms in front of body, hold ball with other leg.



18 Inner Outer Thigh Lift
Begin exercise in sitting position, sit back on ball, place one hand on each side of ball, hold ball with both hands, arms in front of body, hold ball with other leg.

BALANCE Advance balance first in sitting position; progress to difficult balancing only after mastering basic balancing.



19 Bridging
Begin exercise in side lying position, knees bent, feet on ball, hold ball with both hands, arms in front of body, hold ball with other leg.



20 Hamstring Curl
Begin exercise in sitting position, sit back on ball, place one hand on each side of ball, hold ball with both hands, arms in front of body, hold ball with other leg.



21 Pelvic Clock
Begin exercise in kneeling position, knees bent, feet on ball, hold ball with both hands, arms in front of body, hold ball with other leg.



22 Asymmetrical Forward Lean
Begin exercise in side lying position, knees bent, feet on ball, hold ball with both hands, arms in front of body, hold ball with other leg.



23 Forward Lean
Begin exercise in sitting position, sit back on ball, place one hand on each side of ball, hold ball with both hands, arms in front of body, hold ball with other leg.



24 Asymmetrical Forward Lean
Begin exercise in side lying position, knees bent, feet on ball, hold ball with both hands, arms in front of body, hold ball with other leg.

