

## Weeks 21 & 22: Chair Yoga Flow



### Seated Cat (*Marjaryasana*)

As you take a seated cat stretch, inhale and arch your spine like a cat.



### Seated Cow (*Bitilasana*)

Next, inhale and push your belly and chest forward like a cow.



### Seated Half Lord of the Fishes Pose (*Ardha Matsyendrasana*)

Come to your seat and twist to stretch and warm up your back.



## Seated King Pigeon Pose (*Eka Pada Rajakpotasana*)

Let's now open our hips. Once you get into the pose, gently lean forward. Then switch to your other hip.



## Seated Forward Bend (*Paschimottasana*)

Come into a seated forward bend. Relax your neck as you bend over your thighs. Slowly roll up.

## Cultural Révérence

If you remember the movements from our cultural révérence, practice them here to end today's yoga flow.

*"We wish for: peace, love, and respect for everyone."*