









STANDING POSES WITH A CHAIR:

-  Downward Facing Dog Pose with hands on chair seat
-  Lunge with hands on chair seat
-  Peaceful Warrior I, arms overhead
-  Peaceful Warrior II, arms parallel, gaze over front hand
-  Peaceful Warrior III, using the chair back for balance as needed
-  Tree Pose, using chair back for balance as needed. This is also fun to do as a partner pose. Both partners take one arm up and place the other arm on the partner's shoulder.
-  Eagle Pose. Try arms and legs separately first, then try together.
-  Sun Salutation: Starting in

Mountain Pose, inhale the arms up to Volcano Pose. Exhale, bend forward from hip creases for Deep Forward Bend Pose. Inhale, step right foot back for lunge. Exhale, step the left foot back for Dog Pose. Inhale, come forward through Plank Pose, exhale to Chaturangua optional. (kids love to say "Chaturangua" and roll the r's). Inhale, Upward Facing Dog Pose, exhale back to Dog Pose. Pause for 3 full breaths. Inhale, step the right foot forward for lunge on the opposite side. Exhale, step the left foot forward and fold into Deep Forward Bend Pose. With a big inhale, arms sweep up to Volcano Pose, exhale back to Mountain Pose. Repeat other side for one full Sun Salutation. A great way to start the day.