

CHAIR POSE

- Begin by standing in Mountain Pose with feet together, and move arms to Standing Overhead Arms.
- Bend at the ankles, knees and hips to lower the body.
- As the body bends the knees remain together and the heels stay grounded.
- As the torso tilts forward slightly, the back remains neutral, and the torso and arms remain aligned.
- Gently come out of the pose and return to Mountain Pose.

Benefits

- Improves balance.
- Proprioception.
- Creates stability in the mind.
- Strengthens leg muscles.

Beginners Advice

- Constantly be aware of the feet, the knees being together, the lower back lengthened, the shoulders away from the ears, the front and back of neck long.
- Breath especially when the pose becomes challenging.

Challenge

- Holding the pose for more breathes. Investigate what the challenge of holding this posture creates in the mind or body.
- Repeat the posture a few times challenging the link between body and mind. Where does the mind go to?
- Join the hands in Prayer pose above head.
- Deepen the pose by moving deeper into the legs whilst maintaining the correct posture.
- Deepen breathes whilst holding the pose.

Adjustments / What to look for

- Heels coming off the ground. Weight should be evenly distributed across the foot and through both sides of the body.
- Flexing the lower back which places pressure on the lower back.
- Having shoulders rise up toward the ears. Create space between the tops of the shoulders and the ears.
- Uneven distribution of weight between the left and right sides of the body. Attempt to create a balance between right and left feet.

