



Chair yoga with Anita



New Direction Health and Wellbeing and Personal and Social Development



Name:



Date:

You will need?

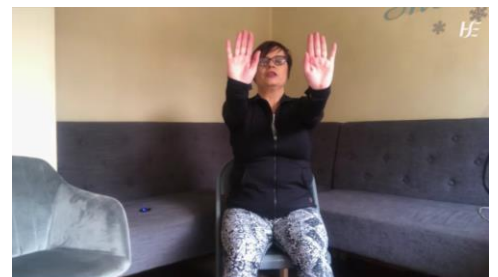
A chair

A blanket or a cushion

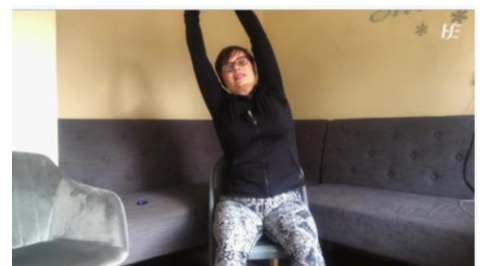
Let's begin and get warmed up with Anita



Breathing in and out while moving our wrists



Rocking side to side slowly, still focusing on our breathing

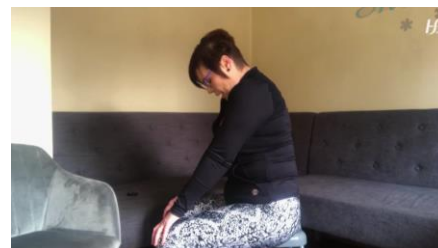




Moving our arms around clockwise while still breathing in and out slowly



Working on our spine, place our chin on our chest and stretch



Lastly, we are going to cool down and wind down



Well done guys, are you feeling