Chair yoga routine, Karen Guzak

sit tall - hands to heart
hands overhead palms up
neck side stretch
side stretch - look up
side stretch - look down
seated twist - both sides
eagle arms shoulder stretch
open heart - arms to back
fold forward shoulder stretch
wide leg forward fold
wide leg fold to side
wide leg hang and sway
Breathe slowly & deeply through the whole practice - feel better all over.

cross leg fold

cross leg twist - both sides

hip opener fold forward

cross leg lift and twist - core

wide angle leg lift - circle feet

lunge leg stretch

side angle stretch

triangle modification

down dog modification

wrist circles - breathe

sit tall wrist stretch

easy pose - NAMASTE