



# Chair Yoga for Stress Relief

## Shoulder Rolls

- 👉 Sit tall, relax your shoulders.
- 🔄 Inhale as you lift shoulders up, exhale as you roll them back and down.
- ↻ Repeat 5 times in both directions.

## Cat-Cow Stretch

- 👉 Sit on the edge of your chair, hands on knees.
- 🐮 Inhale, arch your back, lift your chest (Cow Pose).
- 🐱 Exhale, round your spine, tuck your chin (Cat Pose).
- ↻ Repeat 5-8 times.



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## Forward Fold

- 👉 Sit with feet flat, knees hip-width apart.
- 🌬️ Inhale, lengthen your spine.
- 🌬️ Exhale, hinge at hips, fold forward, letting your head drop.
- ❤️ Hold for 3-5 breaths, then slowly rise.

## Side Stretch

- 👉 Sit tall, place one hand on the chair seat.
- 👋 Reach your other arm overhead, leaning gently to the side.
- 🌬️ Breathe deeply for 3-5 breaths, then switch sides.