

Chair Yoga Resources

Articles

Chair Yoga-The Benefits of a Mind Body Practice

<https://www.health.harvard.edu/exercise-and-fitness/chair-yoga-benefits-of-a-mind-body-practice-without-the-risk-of-falling>

Best Desk Stretches for Office Workers: 10 Yoga Poses That Work

<https://myyogateacher.com/articles/desk-stretches>

Videos

Yoga at Your Desk-Yoga with Adrienne

<https://www.youtube.com/watch?v=tAUf7aaJBWE>

5 min Seated Stretch- Quick Chair Yoga Work Break for Beginners

https://www.youtube.com/watch?v=xRH1To_xyr8

5 Minute Calming Breathwork

<https://www.youtube.com/watch?v=9fEo9my03Ks>