



SUN SALUTATION

SEATED CHAIR MODIFICATION

You will need a sturdy, straight-backed chair for this exercise.

Note: Pain is always an indication that you are pushing too hard. You will reap the most benefits by relaxing into these postures, not through strain.

Step 1: Sit with a straight back with your legs together. If your feet do not reach the floor, put a pillow below your feet so they do not dangle. Bring your palms together in front of your chest. *Seated prayer pose.*

Step 2: Interlace your thumbs and stretch your arms straight out in front of you, parallel to the ground. Gaze towards your hands as you reach them up overhead, stretching and elongating the spine from its base at the tailbone, all the way up to your fingertips. *Seated extended mountain pose.*

Step 3: Keep your arms near your ears and keep gazing at your hands as you slowly hinge forward at the hips. When you come to a natural pause, let your head relax towards your thighs and gently bring your arms towards the ground. *Forward fold.*

Step 4: With both hands, take hold of your right leg behind the knee and gently lift up. Bring your torso forward towards your right thigh as far as is comfortable. *Seated right side lunge.*

Step 5: Continuing to hold your right leg up, arch your back, gently squeezing your shoulder blades together and opening your chest. Look up. *Halfway lift.*

Step 6: Lengthen the back of your neck, bringing your head back to a neutral position, and gently release your right leg. Interlace your thumbs and stretch your arms straight out in front of you. Keeping your gaze directly on your hands, slowly hinge forward at the hips. When you come to a natural pause, let your head relax towards your thighs and gently bring your arms towards the ground. *Forward fold.*

Step 7: With a straight back, bring your torso to an upright position. Rest your palms on your thighs with your fingers pointing towards your knees and elbows bent. Arch your back, gently squeezing your shoulder blades together and opening your chest, and let your head tilt back slightly. Look up. *Seated mountain pose.*

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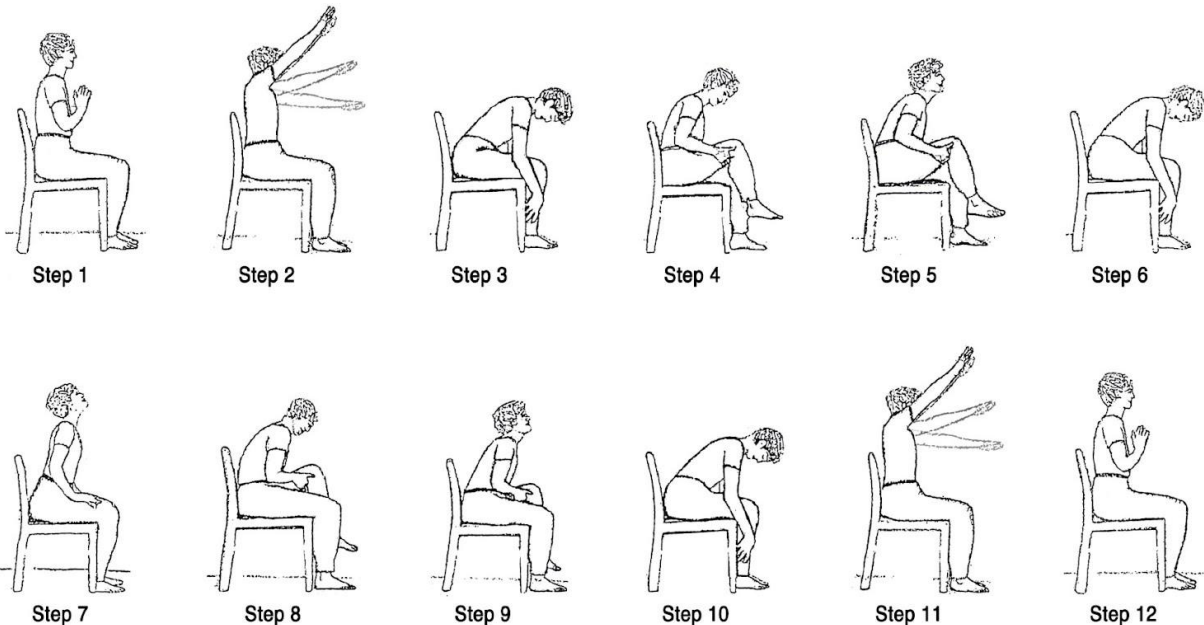
Step 8: Lengthen the back of your neck, bringing your head back to a neutral position. With both hands, take hold of your left leg behind the knee. Gently lift up. Bring your torso forward towards your left thigh as far as comfortable. *Seated left side lunge.*

Step 9: Continuing to hold your left leg up, arch your back, sliding your shoulder blades towards one another across your back and opening your chest. Look up. *Halfway lift.* Lengthen the back of your neck, bringing your head back to center, and gently release your left leg.

Step 10: Interlace your thumbs and stretch your arms straight out in front of you. Keeping your gaze on your hands, slowly hinge forward at the hips. When you come to a natural pause, let your head relax towards your thighs and gently bring your arms towards the ground. *Forward fold.*

Step 11: Interlace your thumbs and stretch your arms out, gazing at your hands as you reach them up overhead, stretching and elongating the spine from its base at the tailbone, all the way up to your fingertips. *Seated extended mountain pose.*

Step 12: Slowly lower your arms down and bring your palms together in front of your chest. Relax your hands to your lap. Breathe and relax your body for a few moments, taking note of how you feel. *Seated prayer pose.*



Repeat exercise 3 times (as long as there is no pain)

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