

Chair Yoga



Get Flexible and Fit While you Sit

By: Anne Noonan, Yoga, Chair Yoga, Meditation, Integrative Wellness Coach and Certified Diabetes Food advisor.

www.annenoonan.com.au



Gain strength, flexibility and destress while sitting in your chair.

You really CAN improve your tone, joint health, wellbeing and all over body shape all from your chair.

www.annenoonan.com.au/ChairYoga

Does your schedule eat up all of your time while you find yourself seated in front of a computer extended hours? Is a gym membership simply a waste of good money because heading there doesn't figure into your life? Have you been searching for a way to move effectively that can fit into your day to day routine? Chair yoga might be perfect for you.



What Is Chair Yoga?

It's a sequential range of movement and stretch from a chair. Based on yoga principles, these stretchy movements can be performed from the chair at any time of day. Depending on your own physicality and personal preferences, your chair yoga can vary from a series of gentle stretches to an entire 'workout' range of movements that incorporate strength, resistance, flexibility and balance.



What do I need?

You need a chair with an upright back, armrests, a non slippery floor surface, sturdy legs and no wheels. Chair Yoga is not effective from a stool, a recliner or a sofa. It can be done in a matter of just 10 minutes or an hour. It's totally up to you and how much time you have to dedicate to it. Other than the chair and your own body weight, it's optional to use light weights or maybe a stretchy band.



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Safety First!

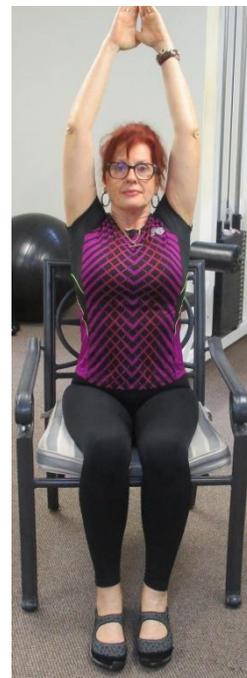
So obviously you know now your number 1 piece of equipment is the chair you choose. But choose wisely. It's ideal to use a chair that won't move about with you by sliding on a slippery floor or topple over. Preferably choose one with armrests and an upright back to prevent toppling. Your general flexy office chairs that lean back and wheel about might not be an ideal choice.

On the opposite end of the scale, the large lounge recliner or sofa is not a great choice. Whatever you have at home, make sure you're confident it's not going to move or slide about.

Who is it ideal for?

Chair Yoga suits almost everyone. It's been utilised as a physio therapy for patients who find their movement restricted by weight, age, injury or illness. It's ideal for the young school and uni student to keep up concentration levels throughout the day. It's also been proven to be effective for the busy work executive who finds himself or herself unable to move away from the desk.

If your job entails a lot of movement from one end of a facility to another (nurses, warehouse operators) or if you sit for long periods (taxi and truck drivers) or stand in one position for long hours (beauty and massage therapists, hairdressers), you can benefit greatly from a Chair Yoga exercise routine. Particularly the over 50, man or woman, who finds going to the gym or attending classes less than attractive or not easy due to restrictions in physicality, it can be an ideal choice. It's fun, easy to learn and like all exercise, it has many variations.



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Benefits and Risks

Chair Yoga when performed regularly will calm and clear the mind, destress the body, strengthen and lubricate joints, tone and shape muscles, relieve back pain, improve blood pressure and most importantly help to bring your nervous system into a healthy zone. Like all exercise however, there are risks.

Injuries can be caused with slipping, toppling from the chair and overstretching. Twisting the body a little too hard, bouncing or pulling the body into a stretch is never advisable. Definitely only do what your body is ready to do. Check with your doctor before taking on anything new. Your own body really does know just how far you can go with each session but with regular practice you'll be surprised at your own improvements in flexibility.

A typical session

There are many styles of Chair Yoga and one common misconception is that it's purely for the elderly. I can verify it's great for many ages, even kindergarten children who learn to stretch and move in their chair can feel great benefit. It's entirely up to you and your schedule. Try a 10 minute routine but if you'd like something more, head to my website at www.annenoonan.com.au and click on 'Chair Yoga'. You'll be able to purchase an entire book, complete with photographs of the moves. If you follow the whole sequence you'll find it's a complete workout that could last up to an hour. You'll feel the knots and kinks worked out, the fascia will be somewhat released and you'll feel relaxed but invigorated and ready to head straight back to your day.



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How to book a session with Anne

I offer private sessions and group sessions for your own group at a time that mutually suits. Details of classes can be found at www.annenoonan.com.au/YOGA.

Would you like a copy of my ebook?

I recently wrote a comprehensive ebook about Chair Yoga that includes lots of detailed information that is accompanied by photographs and a 15 minute follow along video. To access that, head along to my site at www.annenoonan.com.au/ChairYoga.

Want more information or speak to me directly?

Send an email to: annen@tpg.com.au

Or Phone: 0417761998

Here's a word from a happy chair yoga participant:

"I attended Anne's Chair Yoga out of curiosity to see what it would be like. I have done yoga in the past and as I have knee injuries and also having broken my leg, the usual form of yoga was out of the question for me. My weight gain due to my lack of ability to exercise has been a concern and when Anne mentioned running this type of class I jumped straight in.

Anne certainly delivered on her promise to provide a good workout gently and safely. We did a variety of exercises from the chair and at the end of the session, my body knew I had exercised without feeling sore or tight, it just felt good to be moving in a way where my weaknesses were fully supported.

I waited for the sore painful muscles to arrive the next day or so, as usual when I haven't exercised for some time. To my excitement this never happened, my body continued to feel good. There was no soreness or stiffness anywhere in my body – just a little more flexibility.

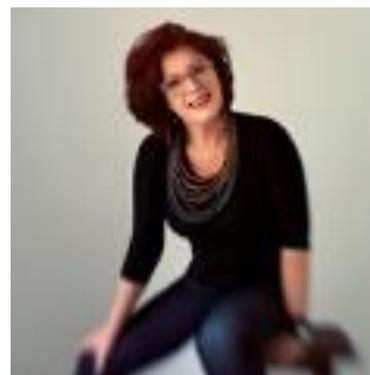
If you're feeling unsure this would be right for you, give it a go. Anne is an excellent and supportive teacher, with a wealth of knowledge and options to suit everyone's level of movement.

What have you got to lose!!! You can only feel more alive!!! " Chey.

In the meantime, head down to the next couple of pages to follow along with a few stretches I've illustrated below for you.

Please excuse my rather inexperienced cartoon illustrations.

But you'll get the idea.



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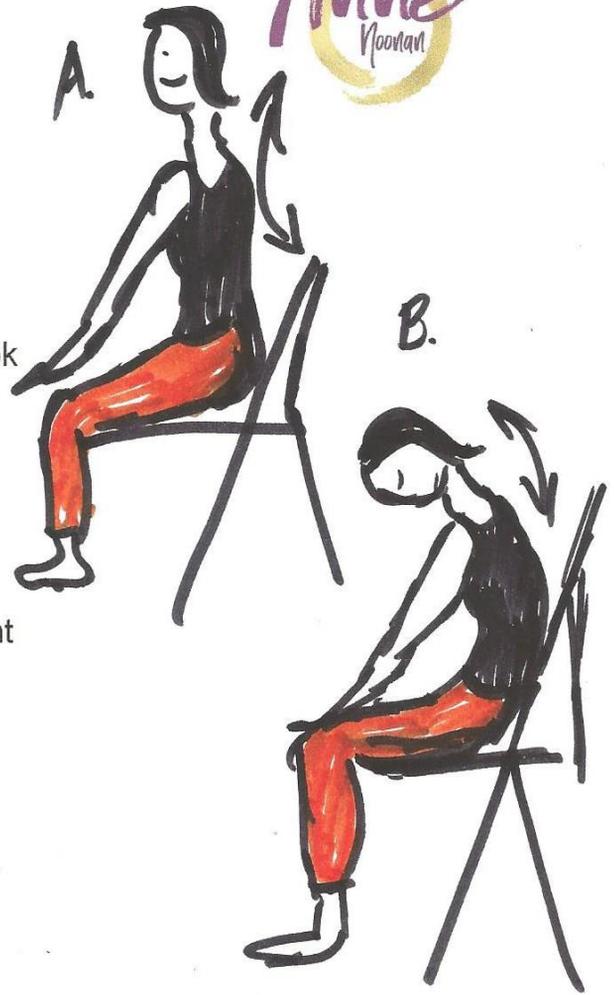


Anne's simple 10 minute Stretch Routine

This can be done anywhere, anytime. Only perform these stretches if you know your back is ok and your doctor has approved of them if they're new to you. Stop if anything hurts.

Go gently without bouncing or pulling.

- 1. Gentle spinal stretch.** Start by sitting upright in your chair. Bring hands to your knees and gently tug bringing your spine and shoulders forward in a curve. Keeping hands on knees the arch the spine back in the opposite direction. This move comes from the pelvis. Turn it forward for stretch A and send it out for stretch B. Repeat 3 times.



- 2. Gentle spinal twists.** Turn your spine and shoulders around to the right. With your right arm, reach around to the back of the backrest and bring your left arm to your right thigh. Steer your right shoulder back and your left shoulder forward. Feel that lovely gentle twist. Take a couple of slow deep breaths in this pose. Send the breath right down to the belly and feel your body relax into it. Unravel the arms, slowly come all the way around to the other side and repeat that same move on the other side. Repeat 3 times.

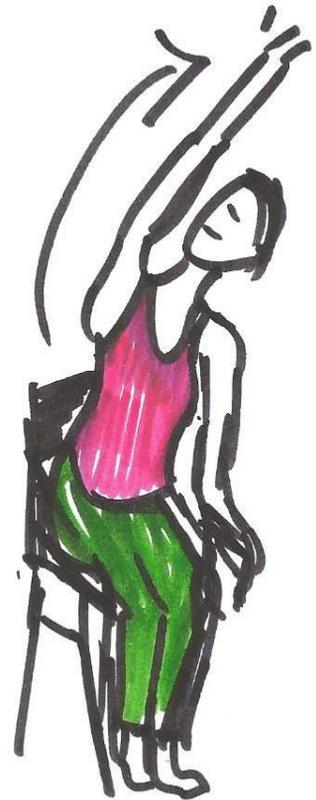


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- 3. Deep side stretch.** This is a beautiful stretch that opens out the spine. Simply reach up with one arm while the other holds onto the armrest. Then, making sure your stable on the chair, gently reach over to the opposite side.

Tip: rather than hunch shoulders when reaching up, bring up your collar bone, armpit, rib cage and whole side up with the shoulder down – it feels wonderful. Repeat 3 times on each side.



Did you enjoy that short stretch? Don't forget, if you'd like a full video to follow plus a fully photographed Chair Yoga Book, head along to

www.annenoonan.com.au/ChairYoga

Would you like to try some classes?

Yoga

Stretch

Water Yoga

Yoga HIIT

Roll Back Your Body's Odometer

Nutrition & Food Coaching

Contact me any time on:

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