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CHAIR YOGA POSES

WOLF AND WHIMSY KIDS

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How To Use This Activity

Sometimes space is minimal. But there are other ways to incorporate yoga that do not take up a lot of room. If you do not have the option to move to a large space to practice yoga, try having kids use the space around them- including chairs.

Contrary to popular belief, you do not need a ton of room to practice. Of course, lots of room is preferable but sometimes this isn't an option and you just have to work with what you've got.

Use your chairs to help support you in poses and help you balance. Chairs are also a great way to let kids know where their space is-instead of having Susie arguing that Johnny was in her space.

Here are some examples of postures that can be done with a chair. Have fun with these and be creative!

Note: Do not practice chair yoga with chairs that have wheels! This is extremely dangerous!



Downward Dog: placing your hands-on the seat of the chair, hinge at the hips and slowly step your feet backward until your heels are in line with your hips, pressing the palms of your hands into the seat of the chair.



Cobra: pressing your palms into the seat of the chair, lift your heels and inhale deeply as you lift your chest and drop your shoulders down and back.



Cat & Cow: pressing the palms of the hands into the seat of the chair, keeping your hips in line with your ankles. Inhale as you lift your chest and curl your back upward, looking toward the sky (cow pose). Exhale as you round your upper back, engaging the shoulders by pressing into the seat of the chair.





Pigeon Variation 1: from downward dog, inhale as you lift your leg, exhale as you place it in front of you on the seat of the chair. Keep the knee in line with your hip and flex your foot.



Pigeon Variation 2: sitting in a comfortable position, simply bring your leg up, placing the ankle on top of the opposite knee. Keep your foot/ankle flexed. You can stay here or proceed to Variation 3.



Pigeon Variation 3: from Variation 2, inhale deeply as you lift your upper body, exhale as you fold forward, hinging at the hips for a deeper stretch.



Chair: standing with your feet hip width apart, inhale as you lift your arms to the sky, exhale as you sit low, as though you are going to sit in a chair. Sit your hips back so that you can see your toes if you look down.



Warrior 1/Lunge: from downward dog, bring one foot up onto the seat of your chair. Inhale as you raise your arms to the sky, exhale as you sit low into your lunge. From here, you can also move into a Warrior 2 pose.



Tree: standing with your feet hip width apart, inhale as you lift one foot and place it as close into the inner thigh as you can. You can also place this foot onto your calf or ankle.



Camel: standing with your feet hip width apart, inhale as you raise your arms to the sky, exhale as you bend backwards, reaching for and resting your hands on the back of the chair. If this is too hard on your back, place your hands on your back for a softer backbend.



Seated Forward Fold: sitting comfortably, inhale as you reach your arms high, exhale as you hinge at the hips and fold forward over your knees.



Seated Forward Fold Variation: from seated forward fold, inhale as you raise your arms behind you, interlacing your fingers. Exhale as you gently send your hands forward toward the floor.



Boat: on your chair, come to sit on your sacrum. Inhale as you engage your core and lift your legs. Exhale as you settle into boat pose. If you can, extend your legs outward or keep your knees tucked in. Remember to keep your spine straight!



Dancer: standing with your feet hip width apart, hold onto the back of your chair as you inhale to lift your leg. Exhale. Grab hold of your foot and inhale as you lift the chest upward, bringing and lifting your leg behind you. Exhale as you settle into this pose.



Savasana: sit down in your chair. Take some deep inhales and exhales to relax your body completely.

From here you can either place your head on a desk, close your eyes, and rest in Savasana or you can simply sit comfortably in your chair with your hands on your knees, palms facing up.

WOLF AND WHIMSY KIDS

Wolf and Whimsy Kids is a mindful kids brand for curiosity, joy, confidence, and creativity!

We do this through mindful breathing, journaling, creativity, guided imagery, yoga, and more!

At Wolf and Whimsy Kids the goal is simple: **empower kids and activate their magic...one book at a time.**

Words are the magic that we hold within; magic I truly believe every child should hold on to.

Wolf and Whimsy Kids started with my love for writing. When I was a kid I carried around a journal with vibrant colours and a picture of Tweety Bird on the cover. I wrote songs, stories, and poems. Mostly for myself but also for my friends and family. My mom would even have my poems published in the local newspaper.

Reading, writing, journaling, and creativity have been the things that have helped me transform my life. They have been the things that have helped me share my magic with others. Now, I share my spark with kids as a reminder:

YOU ARE MADE OF MAGIC! ✨



ALSO AVAILABLE FROM WOLF AND WHIMSY KIDS:



ROOOAARRR! Like A Dragon - A Mindful Breathing Book for Kids



It's A Wonderful, Whimsical World of Writing - Journal for Kids, with available matching Grown Up Edition



It's A Wonderful, Whimsical World of Writing - Journal for Toddlers, with available matching Grown Up Edition



Free Resources at www.wolfandwhimsykids.com

