Chair Yoga With Miriam

4-7-8 Breathing

- Inhale through your nose for 4 seconds
- Hold your breath for 7 seconds
- Exhale for 8 seconds



(Fletcher, 2019)

(Cleveland Clinic, 2022)

Cervical Flexion and Extension

• Beginning with flexion, tilt your head down; hold for 5 seconds then with extension tilt your head up; hold for 5 seconds

• Repeating this sequence 3 times





Extension

(Lamasz, 2019)

(Lamasz, 2019)

Cervical Rotation and Cervical Lateral Flexion



 Turn your head to the right side; hold for 5 seconds. Turn your head to the left side; hold for 5 seconds



• Tilt your head towards the right side; hold for 5 seconds. Tilt your head to the left side; hold for 5 seconds

Latissimus Stretch

 Extend one arm over your head, reaching and leaning to the opposite side; hold for 10 seconds

• Repeat on the other side



(Minnis , 2017)

Upper Extremity Stretch

 Bringing your hands together stretching them over your head.
Reach for the sky while raising your shoulder; hold for 10 seconds



(Minnis, 2017)

Rhomboid Stretch

 Place your hands in front of you, lower your head to align with your arms, rounding your back

Repeat 3 times holding for 5 seconds



(Minnis , 2017)

Hamstring Stretch

 Sit on the end of your chair, stretch one of your legs only letting your heel of your stretch leg on the floor and gently lean forward, keeping your back straight

• Hold for 20 seconds, repeat with the other leg



(Mohammadi, 2021)

Wrist and Ankle Circles

Put your arms out and move your wrist with clockwise circle 10 times, then proceed with counterclockwise for 10 times

• Put one of your legs out and move your ankle with clockwise circle 10 times, then proceed with counterclockwise for 10 times. Repeat on the other side

(Mohammadi, 2021)

References

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