

1

00:00:14,890 --> 00:00:17,240

Hi, my name's Zoe and I'm a yoga teacher.

2

00:00:17,240 --> 00:00:20,380

This video is a short sequence using a chair,

3

00:00:20,380 --> 00:00:22,760

so you can do this anytime, anywhere,

4

00:00:22,760 --> 00:00:24,490

the only thing you need is a chair, your body,

5

00:00:24,490 --> 00:00:25,790

and your breath.

6

00:00:25,790 --> 00:00:28,820

So starting off, sitting towards the front edge of the chair

7

00:00:28,820 --> 00:00:30,040

so the sitting bones can be grounded,

8

00:00:30,040 --> 00:00:31,560

feet connected to the floor.

9

00:00:31,560 --> 00:00:33,390

Take the hands onto your thighs,

10

00:00:33,390 --> 00:00:36,330

close your eyes for a moment and just take a deep breath in

11

00:00:39,048 --> 00:00:39,881

and out.

12

00:00:42,597 --> 00:00:44,123

And take a deep breath in.

13

00:00:47,540 --> 00:00:48,373

And out.

14

00:00:51,270 --> 00:00:54,520

As you inhale, reach the chest through the arms,

15

00:00:54,520 --> 00:00:57,280

grabbing hold of the legs to pull the chest through.

16

00:00:57,280 --> 00:00:58,810

You can gaze up towards the ceiling

17

00:00:58,810 --> 00:01:00,970

if it feels comfortable on the neck.

18

00:01:00,970 --> 00:01:03,993

Exhale round, pushing the upper back away from you.

19

00:01:05,370 --> 00:01:07,603

Two more there, inhale to arch.

20

00:01:10,270 --> 00:01:11,933

Exhale to round.

21

00:01:14,180 --> 00:01:16,393

Once more, inhale to arch.

22

00:01:18,700 --> 00:01:20,043

Exhale to round.

23

00:01:22,310 --> 00:01:25,250

Inhale, lift back up to centre,

24

00:01:25,250 --> 00:01:28,650

and imagine you've got a big hula hoop around your ribcage,

25

00:01:28,650 --> 00:01:31,970

and just take a couple of circles one way

26

00:01:33,620 --> 00:01:38,620

and then the other way, circling the chest around the spine

27

00:01:40,310 --> 00:01:43,203

and coming back through centre, taking a deep breath in.

28

00:01:44,100 --> 00:01:46,540

Exhale as you fold your chest towards the thighs.

29

00:01:46,540 --> 00:01:49,070

Let the hands slide down along the legs,

30

00:01:49,070 --> 00:01:51,850

you can let the hands rest to the floor.

31

00:01:51,850 --> 00:01:53,720

Head can soften.

32

00:01:53,720 --> 00:01:54,830

If you've got legs on your chair,

33

00:01:54,830 --> 00:01:55,870

you can even reach back

34

00:01:55,870 --> 00:01:57,460

and grab hold of the legs of the chair

35

00:01:57,460 --> 00:01:59,300

and gently draw yourself in.

36

00:01:59,300 --> 00:02:01,250

Take a deep breath into the upper back,

37

00:02:03,990 --> 00:02:04,823

exhale.

38

00:02:07,810 --> 00:02:08,743

Deep breath in.

39

00:02:11,540 --> 00:02:12,493

Exhale.

40

00:02:14,120 --> 00:02:16,040

Press through the feet, belly to spine,

41

00:02:16,040 --> 00:02:18,000

as you inhale, lift back up.

42

00:02:18,000 --> 00:02:20,790

Bring the hands back onto the thighs.

43

00:02:20,790 --> 00:02:22,980

Extending the right leg forward.

44

00:02:22,980 --> 00:02:27,110

Take a little point of the foot, flexing the foot.

45

00:02:27,110 --> 00:02:30,180

Pointing the foot, flexing the foot.

46

00:02:30,180 --> 00:02:33,180

Rest the hands onto your left thigh, inhale,

47

00:02:33,180 --> 00:02:36,310

lengthen the spine, and exhale as you fold forward.

48

00:02:36,310 --> 00:02:38,880

Your forearms can rest onto your thigh,

49

00:02:38,880 --> 00:02:41,990

chest can rest onto the thigh if you can reach there.

50

00:02:41,990 --> 00:02:44,450

Right toes can be pointed or flexed,

51

00:02:44,450 --> 00:02:47,450

just feel what is comfortable for you for three,

52

00:02:47,450 --> 00:02:50,570

taking a little bit of length out of the right hamstring,

53

00:02:50,570 --> 00:02:51,403

two,

54

00:02:54,040 --> 00:02:55,180

one.

55

00:02:55,180 --> 00:02:58,640

Press through the left foot, inhale, lift back up.

56

00:02:58,640 --> 00:03:02,050

Re-bending the right leg, extending the left leg out.

57

00:03:02,050 --> 00:03:05,210

Pointing the foot, flexing the foot.

58

00:03:05,210 --> 00:03:08,490

Pointing the foot, flexing the foot.

59

00:03:08,490 --> 00:03:10,860

Inhale, lift the chest up.

60

00:03:10,860 --> 00:03:14,280

Resting the hands onto your right thigh as you fold forward.

61

00:03:14,280 --> 00:03:16,470

You can keep the hands resting onto the thigh,

62

00:03:16,470 --> 00:03:19,820

forearms can come down, or chest,

63

00:03:19,820 --> 00:03:22,650

reaching onto the thigh as you fold forward.

64

00:03:22,650 --> 00:03:25,520

Left toes can be flexed or pointed.

65

00:03:25,520 --> 00:03:26,610

Getting a little bit of stretch

66

00:03:26,610 --> 00:03:28,923

through the back of the left leg.

67

00:03:29,960 --> 00:03:30,793

Three.

68

00:03:33,920 --> 00:03:34,753

Two.

69

00:03:37,380 --> 00:03:38,820

One.

70

00:03:38,820 --> 00:03:41,170

Inhale, lifting back up.

71

00:03:41,170 --> 00:03:43,020

Re-bending the left leg.

72

00:03:43,020 --> 00:03:45,580

Taking the feet out a little bit wider,

73

00:03:45,580 --> 00:03:47,870

knees pointing out to the sides, toes turning out,

74

00:03:47,870 --> 00:03:49,750

hands to the insides of the knees.

75

00:03:49,750 --> 00:03:52,120

Inhale as you lift up.

76

00:03:52,120 --> 00:03:55,330

Exhale, turning the right shoulder down towards the floor

77

00:03:55,330 --> 00:03:57,950

as you turn the chest towards the left.

78

00:03:57,950 --> 00:03:59,383

Inhale, lift back up.

79

00:04:00,340 --> 00:04:02,850

Exhale, left shoulder turns down

80

00:04:02,850 --> 00:04:04,720

as you rotate the chest towards the right.

81

00:04:04,720 --> 00:04:06,810

Pressing the knees away from you as you do that.

82

00:04:06,810 --> 00:04:07,823

Inhale, lift up.

83

00:04:08,750 --> 00:04:11,600

Two more times each side, exhale.

84

00:04:11,600 --> 00:04:12,943

Rotating to the left.

85

00:04:14,193 --> 00:04:15,623

Inhale, lift back up.

86

00:04:16,620 --> 00:04:18,713

Exhale, rotating to the right.

87

00:04:20,320 --> 00:04:22,203

Once more, inhale, lift up.

88

00:04:23,130 --> 00:04:25,013

Exhale, rotate to the left.

89

00:04:27,100 --> 00:04:28,383

Inhale, lift up.

90

00:04:29,630 --> 00:04:31,817

Exhale, rotate to the right.

91

00:04:33,750 --> 00:04:35,400

Inhale, lift back through centre.

92

00:04:36,530 --> 00:04:39,730

And reach the forearms down through the inside of the legs,

93

00:04:39,730 --> 00:04:42,010

pressing the knees away from you.

94

00:04:42,010 --> 00:04:44,010

You can reach the hands down along the ankles

95

00:04:44,010 --> 00:04:47,610

and let the head draw down if that feels comfortable for you

96

00:04:47,610 --> 00:04:49,750

pressing the knees away from you.

97

00:04:49,750 --> 00:04:53,763

Just staying with where it feels comfortable for you today.

98

00:04:55,320 --> 00:04:56,503

Take a deep breath in.

99

00:04:59,660 --> 00:05:00,493

And out.

100

00:05:02,270 --> 00:05:04,070

Pressing through the feet, belly to spine

101

00:05:04,070 --> 00:05:06,900

as you slowly lift back up.

102

00:05:06,900 --> 00:05:09,670

Bringing the legs back together.

103

00:05:09,670 --> 00:05:12,793

Place the left ankle on top of the right knee.

104

00:05:13,730 --> 00:05:15,680

Taking hold of the shin.

105

00:05:15,680 --> 00:05:20,430

Take a few little circles of the left foot, one way

106

00:05:20,430 --> 00:05:21,623

and then the other way.

107

00:05:23,650 --> 00:05:26,210

Point the foot, flex the foot.

108

00:05:26,210 --> 00:05:28,890

Point the foot, flex the foot.

109

00:05:28,890 --> 00:05:32,390

Grabbing hold of the foot, gently pointing the foot,

110

00:05:32,390 --> 00:05:34,710

you can curl the toes in.

111

00:05:34,710 --> 00:05:38,390

Grab the toes, curl the toes back as you flex the foot.

112

00:05:38,390 --> 00:05:40,823

Couple of movements there back and forth.

113

00:05:42,750 --> 00:05:45,763

And interlace your fingers through your toes.

114

00:05:47,350 --> 00:05:51,610

Do a few little circles, one way,

115

00:05:51,610 --> 00:05:53,470

the toes, circles the other way.

116

00:05:53,470 --> 00:05:56,820

So just releasing any tension in the ankles and the foot,

117

00:05:56,820 --> 00:05:59,310

you can even give yourself a little massage

118

00:05:59,310 --> 00:06:00,160

through the foot.

119

00:06:01,160 --> 00:06:02,860

And then sitting up nice and tall.

120

00:06:03,720 --> 00:06:06,570

Staying here if this is where it feels comfortable for you.

121

00:06:06,570 --> 00:06:08,700

If you you've got a little bit more space in the hips

122

00:06:08,700 --> 00:06:10,510

you can start to lean forward.

123

00:06:10,510 --> 00:06:12,910

Forearms can rest towards the shin,

124

00:06:12,910 --> 00:06:16,313

or chest reaching towards the shin.

125

00:06:17,450 --> 00:06:19,243

Take three deep breaths in.

126

00:06:21,620 --> 00:06:22,463

And out.

127

00:06:24,190 --> 00:06:25,023

Three.

128

00:06:29,780 --> 00:06:30,613

Two.

129

00:06:34,350 --> 00:06:35,690

One.

130

00:06:35,690 --> 00:06:38,780

Pressing through the right foot as you lift back up,

131

00:06:38,780 --> 00:06:41,070

releasing the left foot back down.

132

00:06:41,070 --> 00:06:43,230

Take a little wriggle.

133

00:06:43,230 --> 00:06:47,850

And then placing the right ankle onto your left thigh.

134

00:06:47,850 --> 00:06:52,120

Few little circles of the right ankle in one direction.

135

00:06:52,120 --> 00:06:54,913

Few little circles in the other direction.

136

00:06:55,750 --> 00:06:59,940

Grabbing hold of the foot, point the foot, curl the toes in.

137

00:06:59,940 --> 00:07:02,310

Flex the foot, pull the toes back,

138

00:07:02,310 --> 00:07:05,040

a couple of movements there back and forth.

139

00:07:05,040 --> 00:07:08,650

Just a little release through the ankles.

140

00:07:08,650 --> 00:07:11,973

And then interlace your fingers through your toes,

141

00:07:14,261 --> 00:07:17,037

and do a few little circles one way.

142

00:07:18,180 --> 00:07:21,310

Few little circles the other way.

143

00:07:21,310 --> 00:07:24,260

And if you've got shoes on then just curl

144

00:07:24,260 --> 00:07:26,460

and roll the feet as much you can.

145

00:07:27,724 --> 00:07:29,410

Can little give the foot a little massage

146

00:07:29,410 --> 00:07:31,397

if it feels comfortable.

147

00:07:31,397 --> 00:07:32,930

And sitting up nice and tall.

148

00:07:32,930 --> 00:07:35,720

You can stay here opening the right knee out to the side.

149

00:07:35,720 --> 00:07:37,460

If you've got a little bit more space in the hips,

150

00:07:37,460 --> 00:07:38,730

just leaning forward.

151

00:07:38,730 --> 00:07:39,930

Just be mindful of the knees,

152

00:07:39,930 --> 00:07:43,713

not to force or stress the knee joint here.

153

00:07:45,000 --> 00:07:46,360

If you've got a little bit more space,

154

00:07:46,360 --> 00:07:50,010

chest can reach towards the thighs and towards the shin.

155

00:07:50,010 --> 00:07:50,843

For three.

156

00:07:52,590 --> 00:07:55,530

Relax any tensions around the shoulders or the jaw.

157

00:07:55,530 --> 00:07:56,363

Two.

158

00:08:02,110 --> 00:08:03,680

One.

159

00:08:03,680 --> 00:08:06,750

Inhale, lifting back up.

160

00:08:06,750 --> 00:08:10,800

Releasing the right foot down.

161

00:08:10,800 --> 00:08:13,190

Interlace the fingers, press the palms away from you,

162

00:08:13,190 --> 00:08:14,940

as you inhale, reach the arms high.

163

00:08:17,000 --> 00:08:20,060

Exhale, bring the hands down behind the head.

164

00:08:20,060 --> 00:08:22,670

Squeeze the elbows in as you exhale.

165

00:08:22,670 --> 00:08:25,210

Then inhale, open the elbows out,

166

00:08:25,210 --> 00:08:28,800

gentle pulling of the head up as you open the chest

167

00:08:29,890 --> 00:08:33,060

and exhale, elbows squeeze in towards each other.

168

00:08:33,060 --> 00:08:35,890

Chin can draw slightly in towards the chest,

169

00:08:35,890 --> 00:08:38,080

just be mindful of the neck here.

170

00:08:38,080 --> 00:08:39,980

Once more there, inhale.

171

00:08:40,973 --> 00:08:45,760

Opening the chest up, opening the elbows out,

172

00:08:45,760 --> 00:08:48,033

and exhale, gently releasing.

173

00:08:50,880 --> 00:08:54,060

If you can turn sideways onto the chair,

174

00:08:54,060 --> 00:08:56,240

or you can just stay sitting straight forward

175

00:08:56,240 --> 00:08:57,610
and rotate if you've got a chair

176
00:08:57,610 --> 00:08:59,300
that you can turn sideways on.

177
00:08:59,300 --> 00:09:02,120
Turning sideways, sitting up nice and tall.

178
00:09:02,120 --> 00:09:03,780
Then using the back of the chair,

179
00:09:03,780 --> 00:09:05,220
holding onto the back of the chair

180
00:09:05,220 --> 00:09:07,700
as you rotate the chest.

181
00:09:07,700 --> 00:09:10,220
Ground down through the legs, lengthen up through the spine,

182
00:09:10,220 --> 00:09:13,160
three deep breaths into the back.

183
00:09:13,160 --> 00:09:13,993
Inhale.

184
00:09:16,170 --> 00:09:17,770
Exhale.

185
00:09:17,770 --> 00:09:18,657

If it feels comfortable on the neck,

186

00:09:18,657 --> 00:09:21,890

you can gaze over the shoulder.

187

00:09:21,890 --> 00:09:22,723

Inhale.

188

00:09:25,550 --> 00:09:26,383

Exhale.

189

00:09:28,780 --> 00:09:30,113

Once more, inhale.

190

00:09:33,450 --> 00:09:34,453

And exhale.

191

00:09:37,250 --> 00:09:39,200

Inhale to look forward,

192

00:09:39,200 --> 00:09:42,573

and gently releasing and changing sides.

193

00:09:43,600 --> 00:09:45,450

Turning to the side of the chair,

194

00:09:45,450 --> 00:09:46,820

or again, just facing forward

195

00:09:46,820 --> 00:09:48,770

and just turning your body sideways.

196

00:09:48,770 --> 00:09:49,873

Inhale, lengthen.

197

00:09:50,830 --> 00:09:53,630

Exhale as you rotate towards the back of the chair

198

00:09:53,630 --> 00:09:55,170

if you've got that.

199

00:09:55,170 --> 00:09:58,210

Using the back of the chair to help support that rotation.

200

00:09:58,210 --> 00:09:59,433

Inhale, lengthen.

201

00:10:00,300 --> 00:10:02,023

Exhale as you rotate.

202

00:10:03,440 --> 00:10:06,920

For three, try to take deep breaths into the ribcage,

203

00:10:06,920 --> 00:10:08,383

creating space.

204

00:10:10,518 --> 00:10:11,351

Two.

205

00:10:16,000 --> 00:10:17,251

One.

206

00:10:17,251 --> 00:10:19,140

Inhale, releasing.

207

00:10:19,140 --> 00:10:20,593

Coming back to centre.

208

00:10:22,231 --> 00:10:24,070

You can sit yourself towards the back edge

209

00:10:24,070 --> 00:10:25,510

of the chair here.

210

00:10:25,510 --> 00:10:26,900

And just try to reach your arms

211

00:10:26,900 --> 00:10:28,440

around the side of the chair.

212

00:10:28,440 --> 00:10:30,660

You can hold onto your fingers behind the back.

213

00:10:30,660 --> 00:10:32,400

If you've got a bigger chair,

214

00:10:32,400 --> 00:10:34,020

then just interlace your fingers

215

00:10:34,020 --> 00:10:36,390

behind your back instead if you can.

216

00:10:36,390 --> 00:10:38,590

If you've got the chair support,

217

00:10:38,590 --> 00:10:43,590

holding onto the hands, and then gently pull the chest up

218

00:10:43,600 --> 00:10:47,280

through the arms, gazing forward,

219

00:10:47,280 --> 00:10:49,293

opening the chest for three.

220

00:10:53,340 --> 00:10:54,223

Two.

221

00:10:58,430 --> 00:10:59,263

One.

222

00:10:59,263 --> 00:11:01,483

Gently releasing the arms.

223

00:11:02,670 --> 00:11:04,170

Shuffling yourself back forward

224

00:11:04,170 --> 00:11:05,810

to the front edge of your chair,

225

00:11:05,810 --> 00:11:07,190

finding your sitting bones,

226

00:11:07,190 --> 00:11:09,450

lengthening up through the spine.

227

00:11:09,450 --> 00:11:11,470

Letting the hands rest into your lap,

228

00:11:11,470 --> 00:11:14,580

and just take a deep breath into your belly.

229

00:11:14,580 --> 00:11:15,930

You can take the hands onto the belly,

230

00:11:15,930 --> 00:11:17,900

if that helps with feedback.

231

00:11:17,900 --> 00:11:19,913

Inhale, feel the belly rise.

232

00:11:21,430 --> 00:11:23,370

Close the eyes if it feels comfortable.

233

00:11:23,370 --> 00:11:24,973

Exhale, soften.

234

00:11:28,420 --> 00:11:30,793

Two more there, inhale, the belly rising.

235

00:11:34,750 --> 00:11:36,283

Exhale, falling.

236

00:11:38,892 --> 00:11:41,030

With the hands onto the belly,

237

00:11:41,030 --> 00:11:44,453

feeling the belly rise with the inhale diaphragmatic breath.

238

00:11:46,740 --> 00:11:49,143

Exhale, the belly softens.

239

00:11:51,450 --> 00:11:52,390

Two more there.

240

00:11:52,390 --> 00:11:54,063

Inhale, the belly rising.

241

00:11:57,520 --> 00:11:59,130

And falling.

242

00:11:59,130 --> 00:12:00,890

Nice diaphragmatic breath.

243

00:12:00,890 --> 00:12:04,500

Nice way to help relax the nervous system,

244

00:12:04,500 --> 00:12:06,890

calm the breath, calm the mind.

245

00:12:06,890 --> 00:12:08,053

Once more, inhale.

246

00:12:12,460 --> 00:12:13,353

And exhale.

247

00:12:15,990 --> 00:12:18,713

Letting the hands rest into the lap.

248

00:12:21,503 --> 00:12:25,080

Interlacing the fingers, pressing the palms away from you.

249

00:12:25,080 --> 00:12:28,103

Inhale, reaching the arms high, reach the arms up.

250

00:12:29,860 --> 00:12:31,203

Exhale, stay.

251

00:12:33,060 --> 00:12:35,163

Inhale, reach the arms a little higher.

252

00:12:37,820 --> 00:12:38,953

Exhale, release.

253

00:12:40,920 --> 00:12:44,453

Softly opening the eyes, if you had the eyes closed.

254

00:12:46,110 --> 00:12:47,660

Thank you for joining me today.