



Chair YogaFit®

C3G

Presented by: Aimee Marshall

YogaFit's mission is to bring yoga to the masses – and this workshop shows how we can do just that! Using the chair as a prop is a wonderful way to bring confidence to clients who are new to yoga, or have difficulty moving down to the floor. This workshop is designed to take traditional YogaFit® poses, postures and cueing and make it more accessible to Seniors, pre-natal, obese and post-surgery clients and those with injury and mobility issues. This workshop will use a chair as a useful prop and modification that can be added to any class.

Be sure to include:

Chest expansion

Back bends (after sufficient warm up)

Functional movement (getting up from seated on floor, etc.)

At least 10 minutes of relaxation at the end of class.

Avoiding:

Extended periods of inversion (especially for seniors with high blood pressure, glaucoma, or cataracts)

Extended periods of floor postures and forward flexion

Complex postures and those requiring a great deal of strength.

Mountain 1—Warm Up

Breathing and heat-building to prepare the body and mind; longest part

Mountain 2—Work

More intense strength-oriented work, holding poses longer; shortest part

Mountain 3—Cool Down

Deeper stretching with even longer holds, inversions, seated poses, and final relaxation; longer than Work

Sample Chair Workout

Seated Chair

Begin in Mountain - add Head Tilts and Neck Turns

Lateral Flexions—warm-up

Modified Knot—shoulder stretch

Moving Twist—warm-up

To edge of seat-

Chest Expansion

Back Bends

Airplane

Forward Fold

Repeat above series to complete warm-up and begin building heat

Stand

Lateral Flexions

Airplane—moving and static

Chair—moving and static

Forward Folds—moving

Forward Bend—static stretch

Standing Chair

Warrior 1 and 2—chair back

Standing Balance —chair back

Downward Facing Dog—chair seat

Pyramid—chair seat

Triangle—chair seat

Repeat for opposite leg.

Quadruped Chair

Facing Chair—Kneeling Lunge—right

Facing Chair—Kneeling Side Plankright; option for elbow or hand support

Facing Chair—Kneeling Child's Pose

Repeat series for opposite leg

Quadruped Seated

Cat-Cow

Modified Plank

Modified Downward Facing Dog

Dolphin

Modified Cobra/Sphinx

Repeat series 3—5 times

Seated on the Floor—Cross Leg

Moving Twist

One Leg Stretch

Moving Butterfly

Long Leg Mountain—forward fold

Use above series to limber in preparation for cool-down stretches

Supine

Abdominal Work

Knees to Chest

Slow Roll to side to become seated, or gentle rock up to seated

Supine Strap Stretches

Supine Straddle

Dead Bug

Hamstring Stretches

Supine

Relax into Spinal Twist, right and left

Final Relaxation—Supine

Class flow taken from YogaFit Seniors® Teacher Training Manual.

YogaFit® Worldwide Training Systems has partnered with Australia Fitness Network, bringing our user friendly and safe yoga teacher trainings to Australia.

Please visit: www.fitnessnetwork.com.au/yogafit to find a local training near you!