



Get moving – from your chair!



Yoga is growing in popularity all over the world for all-around good health and wellness. The great thing about yoga is that it's really low-impact for the body, relieves pain, and even improves mental function.

Another great thing about yoga—especially chair yoga—is that you can do it anywhere! All you need is yourself, some music you like (or turn on the TV to your favorite show), and a chair.

When participating in chair yoga, it's important to focus on your form so as to make sure you don't hurt yourself and to keep everything gentle and low-impact.

None of the movements you'll do during this yoga exercise should hurt. If anything hurts at all, stop it immediately and go to a gentler movement.

Move slowly, pay attention to your body, and if at any point you have trouble breathing, feel pain, or get lightheaded, stop immediately and take a few sips of water.

Only do these exercises if you've been cleared by a doctor for chair workouts.

Check out our latest blog for [The Perfect 5 Beginner Poses for a Chair Yoga Workout](#).



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