



INTRODUCTORY AUDIO GUIDE FOR CHAIR YOGA ROUTINES

Hello! Welcome to Yoga Home Practice Introductory Audio for Chair Yoga.

Practicing Chair Yoga on a regular basis is a wonderful way to enhance your quality of life. You will enjoy benefits on all levels - physical, mental, emotional and spiritual. As you practise regularly you'll increase your strength, stamina and flexibility. You'll also find that Chair Yoga helps you deal more effectively with stress and anxiety.

These audios have been designed to support you to maintain and enhance your quality of life.

It is important for you to follow the step-by-step instructions during the guided practice, and to proceed at your own pace. As you do the postures, listen carefully to your body and recognise any warning signs. It's vital that you do not continue if you are in pain. Work to a point where you are getting a gentle and effective stretch rather than aiming to drastically improve your flexibility in one session. That will happen over time through continued practice.

Before commencing Chair Yoga, we recommend that you consult your doctor or health care professional to ensure it is appropriate for your circumstances.

If you are new to yoga, practice the Level 1 classes first. These are gentle classes practised while sitting down on a chair. This set of classes can be practised in rotation and are designed to introduce you to the fundamentals of breath work and posture awareness.

If you are not new to yoga, or if your level of fitness allows for a more dynamic practice, the Level 2 classes are available for you. This set of classes include standing postures designed to build strength, and enhance your sense of balance as well as your core stability.

If at any time you experience pain, dizziness, or breathlessness - cease your practice, and take a rest seated for as long as you need to. You are free to resume your practice whenever you feel ready to do so.



Here are some other 'golden rules' for practicing yoga safely:

- Be gentle in your practice.
- Move in and out of the yoga poses with awareness, and listen to your body.
- The breath is a good measure of over-exertion.
- Maintain steady breathing.
- If the breath starts getting raspy, that's usually a good indication that you're overdoing it.

THE SPACE

When practicing by yourself, find a peaceful clear area. Make sure the space is quiet and clean – free from any other activities or distractions.

When practising outside, make sure the conditions are pleasant. Turn your back away from the sun to keep the glare out of your eyes.

Chair Yoga is very adaptable and can be practiced in a variety of situations: plane, train, office desk, waiting room, reception area etc. – anytime you feel the need to relax or stretch your body.

BREATHING AND THE BODY'S MOVEMENT

A simple guide to breathing and the body's movement:

- Breathe in and out through the nose.
- In the event of a blocked nose it is OK to breathe through the mouth.
- Breathe in as the body opens, stretches and expands.
- Breathe out as the body contracts, releases or folds.

TIME AND DURATION FOR PRACTISE

Here are some tips on the time and duration of practise.

Practise gently. Your breath is intrinsically connected with the quality of your practice. Hence the goal is not to rush through it, as this would bring about rapid shallow breathing.

Slow, steady breathing activates the Relaxation Response, and is an integral part of yoga practice.



Practise regularly! To reap the many benefits of yoga, it is important to be consistent. The benefits of a yoga practice are said to last up to 4 days, so ideally aim to practice around twice a week.

EQUIPMENT

Here's an overview on the equipment you'll need.

It is ideal to have a sturdy steady chair. You can use a chair with or without armrests. What is important is that the seat and back of the chair provide you steady support during your practice. You will also need a belt – this can be a yoga strap, a leather belt, or even a cloth tie or a piece of rope.

Enjoy the journey!

Yoga is a process and not a destination. As long as you are engaging your body, breathe and mind you are doing yoga.

From the teachers and staff at Live Yoga Life - the home of Yoga Home Practice, we bid you courage to be who you are.

Namaste!

The Team from Live Yoga Life