

Chair Yoga for Stability and Mobility

Instructor: Melinda Boumans Rivers

What to Expect

Chair Yoga for Stability and Mobility is a 6-week beginner-level session, offered in-person and on Zoom. Classes are 60 minutes. I will be available 15 minutes before and after class for any questions, comments, or if you just want to take your time settling in or down

Each class will follow the same basic order, but the practice will change each week based on our peak focus. Options will be offered for poses so you can find the best expression in *your* body. We're not training to climb Mt. Katahdin here—the highest peak is the one you can reach!

What to Bring

2 Yoga Blocks, or 2 large towels rolled up

1 Yoga Strap, or a non-stretchy belt or medium towel

****Please note that this is a change from the course catalog. Props are just so handy for making a pose easier! I will have some at the in-person classes if you want to try before you buy**

What to Wear

Comfortable clothing and flexible shoes. Ideally, your ankle should be free to move, including heel raising and foot flexing. You are free to go barefoot if you choose, but you may want to bring a mat or extra towel

How to Stay Safe

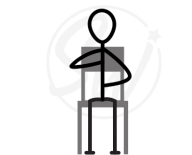
1. *Respect your limits.* The goal of this course is for you to feel more comfortable and confident in your body. Pain is not a gain
2. *Use a stable chair.* If you are practicing via Zoom or at home, choose a chair that does not wobble or bounce and does not have wheels
3. *Make friends with your props.* All bodies are different, and sometimes they are different from day to day. A little bit of extra support can make a world of difference

Class Sequence

Might include

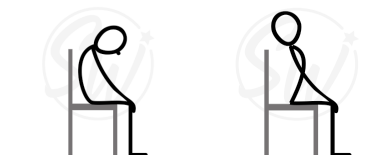
1 Settling In

Three Part Breath



2 Warming Up

Cat Cow



3 Firming Foundations

High Lunge



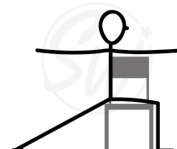
4 Exploring Edges

Hand to Knee



5 Finding Your Peak

Warrior 2



6 Settling Down

Wind Release



7 Rest and Digest

Mountain



Weekly Focus

Week 1
Starting Over: Fundamentals and Foundations

Week 2
Expanding: Reach and Balance

Week 3
Strengthening: Root to Rise

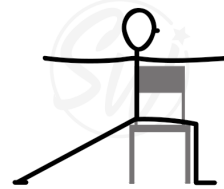
Week 4
Uplifting: Chest Openers and Backbends

Week 5
Restoring: Rest and Digest

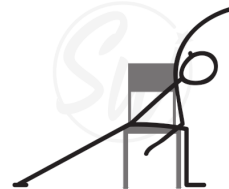
Week 6:
Choose Your Own Adventure!

Peak Pose examples

Warrior 2



Extended Side Angle



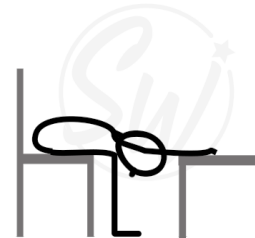
Chair



Camel



Downward Facing Dog



Class Choice: Pick a pose that you want to revisit or a new path to explore