

YOGA CALM CHAIR 15

This 15-minute flow lets you start where you are by using your classroom's chairs and tables to support your student's exploration of yoga. Accessible to a wide range of abilities, the Chair 15 promotes flexibility, strength, and balance. The middle portion of the flow, from Mountain to second Mountain, is based on yoga's traditional Sun Salutation and can be led by students and performed several times in a row to improve fitness. According to the Centers for Disease Control and Prevention and the American College of Sports Medicine, small bouts of activity, even 10 minutes at a time, count toward daily physical education standards.



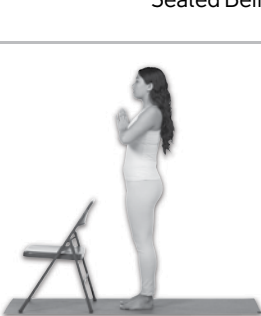
Seated Belly Breathing



Seated Pulse Count



Volcano Breath



Mountain



Upward Mountain



Forward Bend



Lunge (right leg back)



Upper Lunge



Chair Dog



Lunge (right leg forward)



Upward Lunge



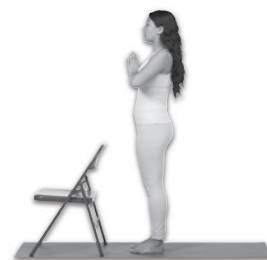
Forward Bend



Chair



Upward Mountain



Mountain



Twist



One-Minute Exploration

