

Seated Figure Four

6-8



Move SEATED EXERCISES

1. Begin in Seated Mountain Pose.
 2. Inhale, cross the right ankle over the left thigh, just above the knee. Place the right hand on the right thigh and left hand on the right foot.
 3. Exhale, fold torso forward and relax the head down. Take 2-3 breaths here.
 4. If it's easier, you can hold the legs of the chair as you fold forward.
 5. Inhale, come back to Seated Mountain Pose.
 6. Switch legs and repeat on the other side.
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- Use this sequence to release the back which can get tired from sitting.