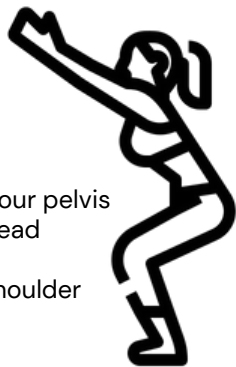


Yoga Chair Pose: Cue script

- Ground through the 4 corners of your feet
- Ensure your weight is over the heels of your feet
- Sit back in an imaginary chair
- Inner thighs are looking at each other
- Let your pelvis hang from your hips
- Pubic bone is looking towards your big toe
- Tailbone shining down towards the floor
- The bowl of your rib cage is softening over the bowl of your pelvis
- Ground through the feet and reach the crown of your head away from the bowl of your pelvis
- Draw your elbows towards each other and notice the shoulder blades slide down the back
- Eye on the horizon
- Chin parallel to the earth
- Fill the rib cage basket with your breath
- Steady, even, breathing. Soft, slow, gradual inhales and exhales.



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