Chair Yoga Routine

SKOOLGO



Tree Pose



Hero Pose



Boat Pose



Extended Mountain Pose



Side Bend



Cat-Cow Stretch



Pigeon Pose



Crescent Moon Pose

Chair Yoga Routine

SKOOLGO



Tree Pose



Hero Pose



Boat Pose



Extended Mountain Pose



Side Bend



Cat-Cow Stretch



Pigeon Pose



Crescent Moon Pose

Chair Yoga Routine

Name:

Name each of the following Yoga chair poses:















