

Have Chair-Will Travel Sun Salute w/Many options for Savasana

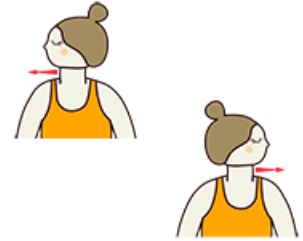
Tami Musumeci-Szabo



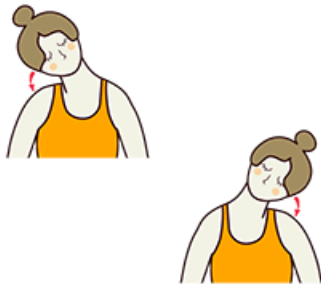
1. Seated Palms On Belly Chair



2. Chair Mountain Pose • Chair Tadasana



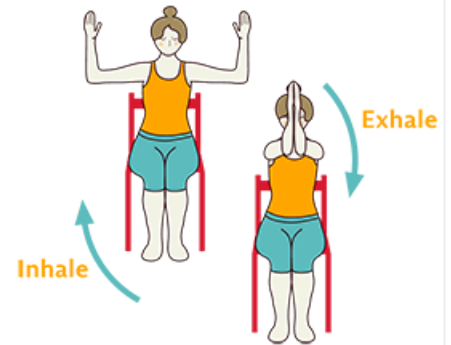
3. Neck Twists Close Up



4. Neck Side Stretch Pose Close Up



5. Chair Seated Shoulder Circles



6. Seated Cactus Arms Flow Chair



7. Chair Flexing Foot Pose



8. Chair Mountain Pose • Chair Tadasana



9. Hands Chest Chair



10. Mountain Pose Raised Hands Chair • Tadasana Urdhva Hastasana Chair



11. Seated Half Forward Fold Pose Chair • Upavistha Ardha Uttanasana Chair



12. Seated Low Lunge Variation Chair • Anjaneyasana Variation Chair



13. Chair Mountain Pose • Chair Tadasana



14. Seated Low Lunge Variation Chair • Anjaneyasana Variation Chair



15. Chair Mountain Pose • Chair Tadasana



16. Cobra Pose Chair Variation Hands Chest • Bhujangasana Chair Variation Hasta Chest



17. Seated Low Lunge Variation Chair • Anjaneyasana Variation Chair



18. Chair Mountain Pose • Chair Tadasana



19. Seated Low Lunge Variation
Chair • Anjaneyasana Variation
Chair



20. Seated Half Forward Fold
Pose Chair Toes Forearms •
Upavistha Ardha Uttanasana Chair
Toes Forearms



21. Chair Mountain Pose • Chair
Tadasana



22. Mountain Pose Raised
Hands Chair • Tadasana Urdhva
Hastasana Chair



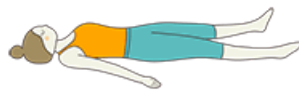
23. Hands Chest Chair



24. Seated Windshield Wiper
Pose Chair



25. Seated Palms On Belly Chair



26. Corpse Pose • Savasana



27. Constructive Rest Pose •
Savasana Variation Bent Legs



28. Corpse Pose Variation
Bolster • Savasana Variation
Bolster



29. Corpse Pose Variation Chair
• Savasana Variation Chair



30. Seated Corpse Pose Bolster
On Blocks • Upavishta Savasana
Bolster On Blocks



31. Supported Construtive Rest
Pose Variation Feet Blocks
Bolster • Supported Savasana
Bent Legs Variation Feet Blocks
Bolster