



MNWT PEP COURSE **BREATHING & CHAIR YOGA**



Beginners course to deep breathing and chair yoga.

PROCEED AT YOUR OWN RISK

Please be aware of your own limitations and proceed at your own risk. Be careful while participating in these exercises.

COURSE NOTES

Use armless chairs that are not wheeled, sturdy, and on a non slippery surface.

Place a yoga mat under the chair to help stability and limit slipping..

No participant should proceed if they have health concerns related to the movements.

Never push into pain. Stop if you feel any sharp discomfort.

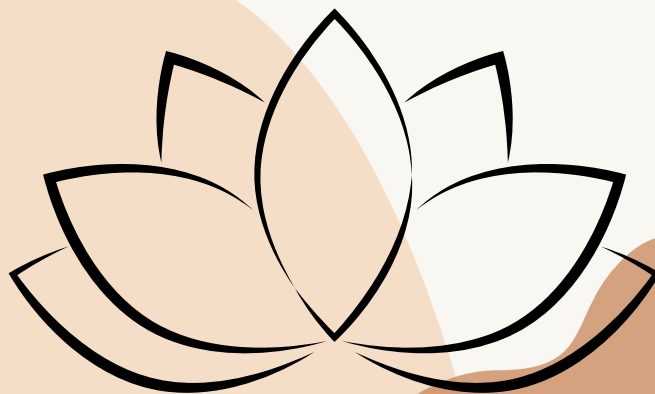
All motion is gentle and fluid. No sharp movements.

Playing soft, relaxing music during yoga can help set the mood.

Keep your voice calm and soothing throughout this exercise.

Silence your devices to avoid distractions.

To be more grounded, feel free to remove your shoes.



BREATHING 101

Deep breathing aids relaxation.

Slows your heart rate.

Lowers your blood pressure.

Reduces stress hormones.

Delivers more oxygen to your brain and organs.

Increases focus.

Creates a state of calm.

Activates Relaxation: Slow, deep breaths stimulate the vagus nerve, which calms the nervous system, shifting you from stress to relaxation.

Reduces Stress Hormones: It lowers levels of stress hormones like cortisol, promoting feelings of calm and well-being.

Improves Oxygenation: Deep breaths fully fill the lungs, increasing oxygen supply to your brain and body, which helps organs function better and reduces fatigue.

Lowers Physical Stress Markers: It decreases heart rate and blood pressure, reversing the physical effects of stress.

Releases Tension: By calming the nervous system, it helps release physical muscle tension, which can alleviate headaches and other discomforts.

Stage 1

DEEP BREATHING

Place your feet flat on the floor.

Sit tall in your chair.

Close your eyes, one hand on your chest, one on your belly.

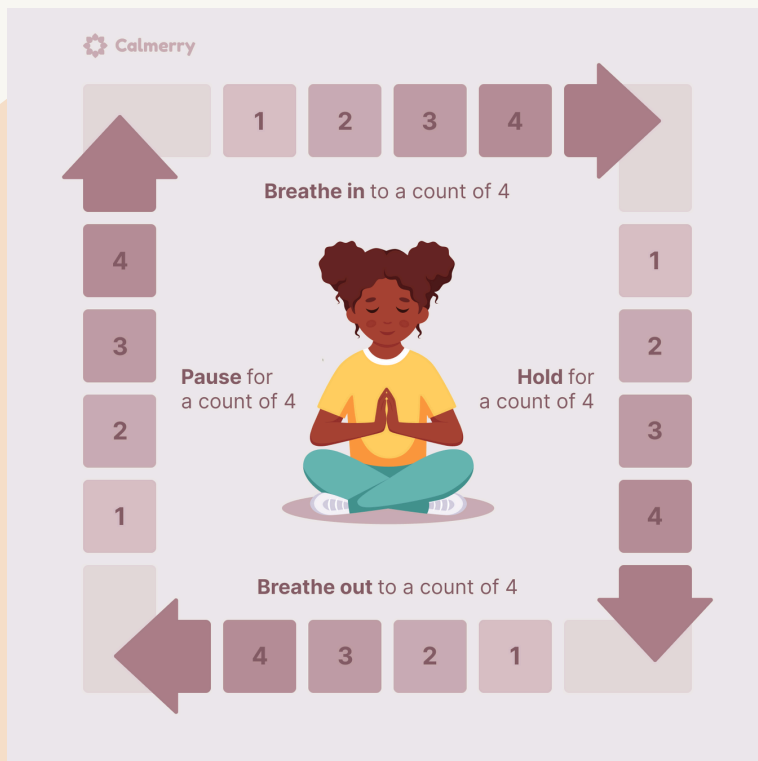
Spend a minute breathing deeply in and out.
Focus only on your breathing.



Stage 2

BOX BREATHING

4 - 4 - 4 - 4 breathing cycle.



Spend 2 minutes Box Breathing.

- 4 seconds breathing in
- 4 seconds holding
- 4 seconds breathing out
- 4 seconds holding

Stage 3

DIRGA PRANAYAMA

PRONOUNCED: DEER-GAH PRA-NA-YAH-MAH

"3 Part Breath"

This technique uses 3 areas:

Abdomen

Ribs

Chest



Begin breathing in slowly through your nose
feeling your abdomen expand.

Continue to breathe in feeling your ribs
expanding next.

Finally as you finish inhaling, feel your chest
expand.

Now, exhale in the opposite order through your nose.

Breathe out feeling your chest contract, then your ribs,
and last from your belly.

Continue for 3 minutes repeating the order.

This technique increases body awareness and focus.

BASIC CHAIR YOGA

Warm Up

Focus on sitting tall, feet flat on the floor.

Deep, calm, purposeful breathing should occur during all poses.

Shoulder Rolls

Sit tall with feet flat, then inhale as you lift shoulders to ears, rolling them forward and down as you exhale the same breath.

Make smooth circles for 5-10 breaths, and then reverse the direction (up, back, and down) for the same number of breaths to release tension.

Neck Rolls

Gently drop your chin to your chest, roll your head to your left shoulder, then back to your chest.

Roll your head to your right shoulder, then back to your chest.

Repeat slowly, inhaling as you lift and exhaling as you lower, focusing on slow, fluid, pain-free movements with deep breaths.

If you are comfortable with this, advance to full rolls- Chin to chest, then chin to ceiling.

Arm Rolls

Extend arms out to the sides like a "T," then slowly circle them forward (small circles first, then bigger) while inhaling up and exhaling down, linking breath to movement.

Reverse the movement and repeat.

CHAIR YOGA INSTRUCTIONS

Forward Fold

- Inhale to lengthen your spine, then exhale and hinge from your hips, bringing your chest towards your thighs as you drape your upper body forward.
- Let your head and arms hang, resting hands on shins or the floor; keep your back long initially, then allow gentle rounding.
- Use the chair for support, never forcing the stretch.

Cat/Cow

- Inhale and arch your back, lift your chest, and look up (Cow).
- Exhale and round your spine, tuck your chin to your chest, and draw your belly in (Cat).
- Flow gently between these spinal movements with your breath for several repetitions to relieve tension.

Spinal Twist

- Inhale to lengthen your spine, then on the exhale, twist your torso to one side, placing one hand on the opposite thigh or chair back.
- Gently look over your shoulder to deepen the twist, ensuring you keep your hips stable and repeat on both sides.

Hamstring Stretch

- Extend one leg with your heel down and toes up, then hinge forward from your hips.
- Keep your back straight, until you feel a gentle stretch in the back of your thigh.
- Hold for 30-60 seconds and repeat with the other leg.

Pigeon Pose

- Lift your right foot and place your right ankle on your left thigh (knee out to the side). (If this is too much, place your foot on a block or stack of books instead).
- Lengthen your spine, exhale and gently hinge forward from your hips, keeping your back flat, until you feel a stretch in your right hip/glute.
- Breathe deeply and hold for 3-10 breaths, or as long as comfortable.
- Repeat with the other leg.

CHAIR YOGA CHEATSHEET

FORWARD FOLD

1

Bend forward from the hips to release back and hamstring tension. Keep your chest close to your thighs for a deep stretch.



CAT/COW

2

Arch and round the spine to improve flexibility and relieve back stiffness.

Coordinate movement with breath for relaxation.

SPINAL TWIST

3

Rotate the upper body to stretch the spine and improve mobility. Keep feet grounded for stability during the twist.



HAMSTRING STRETCH

4

Extend one leg forward and reach toward your toes for a hamstring stretch.

Maintain a straight back to avoid strain.

PIGEON POSE

5

Cross one ankle over the opposite knee to open the hips.

Gently lean forward to deepen the stretch if comfortable.



30 day CHAIR YOGA

How to read Cycle descriptions below:

2x10s/side

= 2 times for 10 seconds on each side.

3x12s/leg

= 3 times for 12 seconds for each leg.

FORWARD FOLD



CAT/COW



SPINAL TWIST



HAMSTRING STRETCH



PIGEON POSE



DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
Forward Fold (2x15s) Cat/Cow (2x5 cycles) Spinal Twist (2x10s/side)	Hamstring Stretch (2x15s/leg) Pigeon Pose (2x10s/leg)	Forward Fold (3x15s) Spinal Twist (2x12s/side)	Cat/Cow (3x6 cycles) Hamstring Stretch (2x20s/leg)	<i>Rest Day</i>
DAY 6	DAY 7	DAY 8	DAY 9	DAY 10
Pigeon Pose (3x12s/leg) Forward Fold (3x20s)	Spinal Twist (3x15s/side) Cat/Cow (3x7 cycles)	Forward Fold (3x20s) Hamstring Stretch (3x20s/leg)	<i>Rest Day</i>	Pigeon Pose (3x15s/leg) Spinal Twist (3x12s/side)
DAY 11	DAY 12	DAY 13	DAY 14	DAY 15
Cat/Cow (3x8 cycles) Forward Fold (3x25s)	Spinal Twist (4x12s/side) Hamstring Stretch (3x25s/leg)	Pigeon Pose (3x20s/leg) Cat/Cow (4x6 cycles)	<i>Rest Day</i>	Forward Fold (4x25s) Spinal Twist (4x15s/side)
DAY 16	DAY 17	DAY 18	DAY 19	DAY 20
Hamstring Stretch (4x20s/leg) Pigeon Pose (3x15s/leg)	Cat/Cow (4x7 cycles) Forward Fold (4x25s)	Spinal Twist (4x12s/side) Pigeon Pose (4x12s/leg)	<i>Rest Day</i>	Hamstring Stretch (4x25s/leg) Cat/Cow (4x8 cycles)
DAY 21	DAY 22	DAY 23	DAY 24	DAY 25
Forward Fold (5x25s) Pigeon Pose (4x20s/leg)	Spinal Twist (5x15s/side) Hamstring Stretch (4x25s/leg)	<i>Rest Day</i>	Cat/Cow (5x8 cycles) Forward Fold (5x30s)	Spinal Twist (5x15s/side) Pigeon Pose (5x20s/leg)
DAY 26	DAY 27	DAY 28	DAY 29	DAY 30
Hamstring Stretch (5x30s/leg) Cat/Cow (5x8 cycles)	Forward Fold (5x30s) Spinal Twist (5x20s/side)	<i>Rest Day</i>	Spinal Twist (5x15s/side) Hamstring Stretch (4x25s/leg)	Cat/Cow (5x8 cycles) Forward Fold (5x30s)