

Chair Yoga for Seniors Over 60

**A Gentle Step-by-Step 8-Week Program
for Beginners**

From 3 to 30 Minutes a Day

Vera Caldwell

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Introduction

Did you know that movement is beneficial at any age? Of course you do—after all, you've picked up this book and decided to get moving. Chances are, this isn't your first attempt. to rekindle your relationship with exercise. Whether you were inspired by online videos of your peers living active lifestyles or had one too many frustrating attempts to put a sock on while standing, you came to the same decision. "That's it! Starting tomorrow, I'm exercising."

And you did start, bright and early the next morning. You felt great and full of energy and kept it up the next day, maybe even for the entire week. Then, the muscle soreness hit. You figured you'd take a little break—just a day or two – but life got busy, and before you knew it, the thought of starting again seemed daunting. The memory of soreness loomed large, and you told yourself, "I'll get back to it, just not today."

Am I close? The details might differ, but for most of us, this pattern is all too familiar when it comes to physical activity.

If this is all too familiar, you've chosen the right book.

This guide is for those who've tried an exercise routine a few times but quickly gave up or avoided physical activity altogether. There's no need to run marathons here. No one's asking you to bench your bodyweight. We'll start small with just three minutes a day. Three minutes! That's less time than it takes to brew a cup of coffee.

Slowly, those minutes will add up. Before you realize it, in just two months you'll find yourself exercising for 30 minutes a day—

and actually enjoying it.

This book isn't only about yoga. For those who aren't familiar or comfortable with sports and calisthenics, chair yoga is a wonderful starting point on your journey to a more active life. Once you've started, you can continue with whatever activity feels right for you. Maybe it will be a more advanced form of yoga, or maybe it won't involve yoga at all.

The real goal of this book is to help you fall in love with movement—truly fall in love. Through small, enjoyable exercises that energize you, increase your range of motion, and ease your body, you'll start to integrate movement into your life. One day, you'll look back and realize that not so long ago, climbing a flight of stairs felt challenging—and now it's effortlessly easy.

This book is your ticket to feeling alive again.

You may be wondering why I suggest starting your return to physical activity with chair yoga. Yoga is more than just bending and stretching. It's about reconnecting your body, mind, and spirit through small, intentional movements.

And the chair? It's not just a piece of furniture—it's your ally, your support, there to help you bear the weight of the years, injuries, and all the excuses that have kept you from getting up and moving. The chair is your safety net, especially if you've stepped away from standing poses or traditional yoga. There won't be any headstands here—but that's the beauty of it. It's simple, it's safe, and it's exactly what you need.

In the first part of this book, you'll learn what scientists have to say about the benefits of movement in later years (and at any age, really). We'll explore why people often start exercising enthusiastically only to quit shortly after. What drives them to behave this way when faced with the challenge of relying on willpower without an inner pull toward the process?

We'll look into the brain's mechanisms—those that help us achieve our goals and those that stand in our way. You'll discover how to trick your mind and build the habits you need. I'll share how I applied these strategies in my own life and what ultimately helped me make peace with movement.

You'll learn how to gently train your body—without force, without self-coercion—to crave movement, and how to fall in love with what once seemed so difficult and exhausting: physical activity!

In the second part of this book, you'll discover how to cultivate a love for movement through a step-by-step plan. You'll embark on your journey toward well-being and activity using simple yoga poses and just one piece of furniture.

You'll be introduced to the basics of breathing techniques (pranayama), meditation, and detailed instructions for chair yoga poses (asanas). I recommend starting by thoroughly reviewing the exercises for the current week. Try them out, paying attention to the recommendations provided, and then practice them in sequence.

You can follow this plan daily or every other day. It's important to listen to your body and how you feel. When you feel ready, move on to the next week's set of exercises.

By the end of this book, you'll have all the tools you need to start a new chapter in your life and finally understand those strange people who choose to go for a jog or a walk over sitting in front of the TV.

I truly hope you experience the joy of discovering what drives people to stay active and the sense of belonging that comes with becoming one of them. Here's to embracing the energy, vitality, and fulfillment of an active life!

Part 1

Chapter 1: The Importance of Physical Activity for Older Adults

According to the World Health Organization (WHO), nearly 1.8 billion people—about one-third of the world's adult population—are insufficiently active. This means they fail to meet the general recommendation of at least 150 minutes of moderately intense physical activity per week.

After the age of 60, the prevalence of insufficient physical activity increases among both men and women. This decline in activity levels can have significant implications for overall health and quality of life, making it even more crucial to find accessible ways to stay active.

One of the most significant barriers preventing older adults from maintaining an active lifestyle is the physical limitations that come with age. Most bodily functions peak around the age of 30 and then gradually and steadily decline. Ligaments (which connect joints) and tendons (which attach muscles to bones) become less flexible over time, leading to joint stiffness or rigidity. Muscle mass and strength also tend to decrease.

However, aging only accounts for a modest reduction in muscle mass and strength—about 10–15% over the course of adulthood. Any loss beyond this threshold is often preventable through regular physical activity. More significant muscle loss, known as sarcopenia (literally "loss of flesh"), usually results from disease or prolonged immobility rather than aging. Most older adults retain enough muscle mass and strength to carry out all of their necessary daily tasks, and many remain strong athletes well into their later years,

participating in competitions and engaging in intense physical activities.

The detrimental effects of inactivity on the body are profound. For example, recovering the muscle mass lost after just one day of bed rest can require two weeks of exercise for an older adult. This highlights the importance of staying active to maintain strength and overall health.

The ability to maintain balance also declines with age due to changes in vision and vestibular function (the inner ear's role in balance). Falls are a leading cause of injury and death among older adults. In the United States alone, nearly 36 million falls are reported annually.

You may feel uncertain about your physical abilities. Fear can intensify these doubts, especially if you haven't been active for a long time. Add to this the belief that aging equals frailty, that you're too "fragile" to move, and you might think your time has passed and it's better to stay still to avoid the risk.

Ironically, the fear of falling often leads older adults to avoid physical activity altogether, which can actually make balance problems worse by further weakening muscles and reducing flexibility. Staying inactive only compounds the issue, creating a cycle that is harder to break.

Regular physical activity in the later years is one of the most accessible and effective ways to extend your health and maintain a high quality of life.

You are never too old to start! No physical limitation can hold you back if you decide to move forward. Every step, no matter how small, matters.

Scientists confirm that adding just 500 extra steps a day can significantly reduce the risk of cardiovascular diseases, stroke, and heart failure. And with every additional 1,000 steps, you lower your risk of death by 15% and your risk of cardiovascular disease by 7%. For those over 60, walking between 6,000 and 10,000 steps a day can reduce mortality risk by an incredible 42%!

That is the power of movement.

Perhaps, alongside physical limitations, mental limitations like anxiety and depression have become your constant companions. Some of you may feel lonely, while others may have faced the loss of loved ones, and chronic illnesses may add to the complexity of it all. At times, it might feel like you simply don't have the energy for physical activity.

But here's the secret: physical activity isn't just about training your body—it's about strengthening your spirit and reclaiming control over your life. Even the smallest steps can lead to profound improvements in how you feel both physically and emotionally.

I saw this transformation firsthand with my mother. She was in her early 70s when she came to visit me after my father's passing. I hadn't seen her in two years, and my heart sank when she stepped out of the arrivals area. She looked so different.

My always energetic, active mom was now walking with a cane. Her weight gain was striking—she had never been slim, but she had clearly put on a significant amount.

And her eyes... they no longer sparkled with life. My heart ached with pain and sadness.

She stayed with us for six months, during which I helped her find gentle exercises. Slowly, she began doing light gymnastics. Then, she decided to walk 10,000 steps every day. She took the dog and started exploring the neighborhood. Before long, she knew the area better than we did.

One day, she came back from her walk, laughing, and told us she felt so good that she even wanted to try jogging. She lost 33 pounds during her time with us. At the beginning, when we went shopping, she would ask to push the cart for support. By the end of her visit, we could barely keep up with her as she briskly walked ahead.

While packing her belongings for the airport, we found the cane she'd arrived with. It was forgotten, tucked behind a chair. She laughed, remembering how she couldn't walk a few steps without it.

When she flew back home, my brother, who picked her up at the airport, couldn't believe his eyes. She radiated health and energy. Simply by adding physical activity, she had completely transformed her life.

That was five years ago. She still exercises and walks daily and can't imagine her life without it. Instead of frequenting doctor's offices, she's living a full, vibrant life. She's truly happy.

Regular physical activity, such as aerobic and strength training exercises, can significantly enhance cognitive function. It helps reduce the risk of dementia and keeps your memory sharp. When you exercise, you're not just training your body—you're also training your brain.

Let's talk science. Research shows that starting physical activity, even later in life, can bring tremendous health benefits. For example, a study published in the British Journal of Sports Medicine found that older adults who began exercising after the age of 60 significantly improved their chances of "healthy aging," including better cognitive, physical, and mental well-being.

These individuals were less likely to suffer from chronic illnesses and depression, demonstrating that it's never too late to reap the rewards of an active lifestyle.

Remember: it's never too late to start. It doesn't matter if you're 60, 70, or even older—physical activity can transform your life. It's not just about staying in shape. It's about living with energy, passion, and purpose.

You can do this! And the best part? You can start right now. Let's move forward together and make it happen!

Chapter 2: Why It's Easier to Quit Than to Start—The Battle Between Mind and Emotion

I talk to a lot of people, and whenever the topic of habits comes up, especially after they learn that I'm active in sports, I often hear things like: "Oh no, exercise just isn't for me!" or "I can't do sports—I have bad knees, a sore neck, a bad back"... you name it. Then, of course, the classic: "I just don't have time for that."

It turns out that many of these same people have exercise equipment at home, like a treadmill or a stationary bike. More often than not, it's used as a makeshift clothes rack. And gym memberships? Statistics show that 50–60% of new gym members stop going within the first 3–6 months of purchasing an annual membership, with most dropping out within the first three months.

So why do so many people abandon physical activity just as they're starting out without giving themselves a chance to build a habit? The answer lies in how our brains work.

There's an ancient structure called the limbic system in our brains. It developed long ago in our ancestors when knowledge

about the world was limited, and decisions had to be made quickly—without much thought or deliberation. This part of the brain evolved to help our ancestors survive, and it's still very well-developed in us today.

Back then, survival often depended on reacting swiftly—like hearing a rustle in the bushes and climbing a tree before a saber-toothed tiger could emerge. This part of the brain is responsible for the emotional side of our thinking, driving our "wants" and "don't wants." It's incredibly powerful and fast because emotions spurred humans into action for thousands of years.

In modern times, however, this function often works against our long-term goals. Due to genetic variations, some people's limbic systems struggle to focus on delayed gratification. Instead, they're highly attuned to immediate pleasures and quick results.

This is why it's so hard for us to start exercising. It feels boring, difficult, and uncomfortable. Our emotional brain immediately demands compensation for this expected discomfort, even before we've

begun. It craves a quick hit of positive emotions to counterbalance the effort.

And so, instead of exercising, we find ourselves glued to a TV series. Instead of sticking to a diet, we indulge in a slice of cake. The limbic system prioritizes instant rewards over long-term benefits, making it one of the biggest hurdles in forming healthy habits.

Another key part of the brain is the prefrontal cortex and several related areas. These developed much later, as the world became more predictable and humans learned to analyze situations, make long-term decisions, and plan for the future.

We owe concepts like "must," "should," and "responsibility" to this part of the brain. It governs planning, logic, and the ability to repeatedly engage in tasks we may not enjoy but recognize as necessary.

This area is much better developed in people who are capable of achieving long-term goals and steadily working toward them. It allows them to suppress the impulsive demands of the emotional brain, enabling logical and goal-oriented action instead of succumbing to immediate gratification.

What can people do if they weren't so lucky in the genetic lottery? I'm a prime example of this majority. I can only stick to boring or unpleasant tasks if the alternative is literal starvation for me or my children.

The moment I even think about starting a diet or cutting back on sweets, I somehow find myself standing in front of the fridge, eating cake, with no clue how I got there. Sound familiar? That's our emotional brain at work—powerful and fast. It immediately

demands compensation for any future restrictions, and logic and willpower don't stand a chance against it.

For me, rational arguments and sheer discipline were never the answer. I needed something stronger and more emotionally charged—like fear.

Despite all this, I've managed to build a habit of going for a daily run, working out regularly, and maintaining a healthy weight for several years now. And I plan to stay active for the rest of my life. How did I do it? I'll tell you soon.

Engaging in activities that don't provide immediate rewards is incredibly taxing for the brain. It requires tapping into willpower—pushing aside emotions to follow through on plans that align with our rational goals.

However, these actions are often uncomfortable; otherwise, we wouldn't need to rely on the rational part of our brain to get them done. The more frequently we force ourselves to do unpleasant or difficult things, suppressing and ignoring the emotional brain with sheer willpower, the limbic system will eventually rebel. Its job is to protect us from discomfort and negative sensations, and it will fight back by making it increasingly harder to muster the motivation to "push through" each time.

Over time, this struggle can lead to a significant drop in motivation, making it feel nearly impossible to stick with the behavior.

Several strategies to combat a lack of willpower can help those whose emotions often take over when making decisions. Let's look at them in the context of our goal of boosting daily activity levels.

One such strategy is **visualization** – associating exercise with positive images. We often underestimate the power of imagery and the emotions evoked by imagined scenes. Think back to moments when physical activity brought you joy—feeling energized after a workout, the sense of lightness, or the boost in your mood. Try to solidify these positive images in your mind and revisit them before your workout.

The more vivid the visualization, the stronger your motivation will be. Your brain will begin to perceive physical activity as something desirable and enjoyable, making it easier to embrace.

Another strategy is **mental planning**. Start by mentally envisioning the sequence of actions during your workout or physical activity. Picture yourself performing each step in detail—how you will move, how you will feel, and the sense of accomplishment afterward.

This kind of internal preparation helps reduce resistance, making you more likely to want to follow through with the activity.

Rewarding yourself after completing a workout is another effective strategy. The limbic system loves rewards, especially when they come immediately after an action. You can plan a small treat for yourself in advance, something you'll only get after exercising—like a delicious smoothie, your favorite TV show, or a well-earned rest.

Since the brain links every habit to a reward cycle, over time, it will start associating physical activity with those pleasant moments, making it easier to stay consistent.

Changing how you perceive the task can also be helpful. Instead of thinking, “I have to exercise” (which feels like a chore), try replacing it with, “I choose to take care of myself” or “Today, I want to feel more energized.”

This simple shift in wording reduces internal resistance because your brain interprets it as a voluntary and desirable action rather than an obligatory task.

Finally, some may benefit from **controlling their environment**. Often, it's distractions that keep us from focusing on exercise. Put your smartphone away, hide the sweets, and set out your workout clothes in a visible spot.

These simple changes in your surroundings reduce the chances of your limbic system diverting your attention toward quick pleasures instead of helping you achieve your goals.

The strategies outlined above are supported by research in cognitive-behavioral therapy and neuropsychology. They genuinely help strengthen willpower, enabling it to resist emotional impulses and stay on track toward a goal. For some, these techniques can significantly simplify the journey.

Personally, many of these approaches have been invaluable to me. I incorporated them into my own strategy and eventually developed a personalized method that helped me make physical activity an integral part of my life.

In essence, I worked to shift exercise from the rational domain (I need to work out to avoid falling apart and stay mobile as I age) to the emotional domain (I love being active, I enjoy movement, and my body craves physical exercise.)

Chapter 3: Falling in Love with Physical Activity – My Principles

After years of failed attempts, I finally made this a lasting habit, and I'm thrilled to share my experience with you.

I know firsthand how challenging this journey can be. I've been walking this path my entire life, starting with the birth of my first child when I gained an extra 45 pounds.

I was quite active in my youth, and my body never showed a tendency to gain weight. So, when I found myself dealing with those extra kilograms, I wasn't too worried. I believed that, since I had never struggled with weight before, my body would naturally take care of itself. And it seemed I was right—within about a year, my weight returned to normal, convincing me that letting go and trusting my body to handle it was the right approach.

Then I became a mom again. And again. To my horror, I found myself the proud owner of an extra 65 pounds. I was at weight that was completely foreign to me!

In a panic, I joined a gym and managed to stick with it for about 3–4 months, successfully shedding 25 of those pounds. But I never made it back to my original weight. Those 40 extra pounds became my constant companions.

Deep down, I held onto the hope that I could always get back in shape by going to the gym, trying several times, committing for two or three weeks at a time, only to quit and start over again later.

Two kids, an office job, and household responsibilities—how could I possibly find time for the gym? The gym could wait. So it did.

I didn't recognize myself in the mirror. My mood darkened, and I started avoiding mirrors altogether. Shopping trips became torture since store mirrors were just as unforgiving. Still, I stubbornly bought tight clothes, clinging to the hope that I'd lose the weight soon. After all, I'd done it once before; surely, I could do it again.

Eventually, I got tired of the discomfort and started buying clothes that actually fit. Over time, I grew accustomed to seeing myself with the extra weight.

I've had poor posture my entire life. As a child, I loved reading while lying down or curling up in a chair like a shrimp. Combine that with a sedentary lifestyle, and it all caught up with me as I got older. By the time I turned 40, my back started to hurt—badly. The pain radiated down my leg, and I could barely walk around the grocery store. One lap around the aisles, and I was done—my leg simply stopped working.

The internet told me I needed to exercise. The time for action had finally come. I forced myself to buy a gym membership and start going. Well... okay, I went twice. Then came the excuses—too tired, too hard, no energy. Tomorrow. Maybe.

Things were different this time. I didn't have the same energy I'd had when I was younger. Exercising felt exponentially harder, and the weight didn't budge. Forcing myself to go to the gym became increasingly difficult. My body hurt and there were no visible results, which means, of course, I eventually stopped going.

My body was gradually failing me. I could no longer bend down easily, climbing stairs

became a struggle, and I found myself checking my blood pressure and reaching for medications more often.

I wasn't even 50 yet.

On top of it all, I fell into a deep depression and couldn't function properly. After work, I would retreat to my bedroom, lie on the bed, and stare at the wall. During this period, my immune system weakened significantly, and I became a regular at the doctor's office.

At some point, I realized that I wasn't getting any younger. On top of all my problems, natural aging was creeping in, and things were only going to get worse. Although, at that point, it felt like they couldn't possibly get any worse.

Since relying on willpower in my condition was pointless, I desperately searched for a way to make myself enjoy working out without forcing or torturing myself. After all, some people go to the gym for years, building muscle, running, and staying active well into old age.

Some videos I stumbled across were incredibly motivating. For instance, a 90-year-old Japanese woman who trains at the gym every day and even leads a strength training group, and an 85-year-old Swedish woman who teaches yoga and can effortlessly bend in ways I could no longer even attempt.

I realized it was possible. If they could do it, why couldn't I? I had nothing to lose by trying.

I decided to fall in love with physical activity—not force myself into it, but genuinely love it. I also dusted off my husband, who didn't seem too concerned about aging unhealthily. He wasn't exactly

the picture of an active lifestyle either, so I dragged him outside for walks.

I managed to convince him to move a little every evening, though I must admit it wasn't easy. He's a true homebody—his favorite place in the world is his room. While he'd been quite athletic in his youth, I had to work hard to persuade him of the benefits of walking.

Ultimately, he couldn't resist my powers of persuasion and agreed to join me. That's how our evening walks became a daily ritual.

At first, our walks were short. We started with a stroll around the block, then around the stadium near our house. Eventually, we began walking to a park 1 mile away and later extended our route to explore the park itself.

We didn't set any specific goals—we just walked. The only rule was to step outside the house. From there, it was all about how we felt that day and how far our energy would take us. Over time, we naturally wanted to go farther and farther.

We kept up our walks for about a month and a half until, one day, I felt the urge to try jogging. During one of our usual visits to the park, I suggested to my husband that we run a little. He wasn't exactly thrilled with the idea, but when I framed it as something I needed—and that, as a true knight, he'd be helping his lady—he begrudgingly agreed.

We started with just two minutes of jogging. Let me tell you, those two minutes felt like an eternity. For a few days, we set a two-minute timer and did three intervals. Then we moved up to three minutes, then four. Each time, it felt like I couldn't possibly go any further, but we kept at it.

I hated running since childhood—it was pure torture for me. If someone had told me back then that jogging would become one of my favorite activities, I wouldn't have believed them for a second. Yet, after a couple of months when I was able to run for 30 minutes straight, it felt like an incredible achievement! The sense of success was absolutely exhilarating and gave me wings.

Gradually, after my runs, I started incorporating stretches. Again, I had no strict system; I simply bent, leaned, and let my body guide me to the movements it enjoyed most.

Eventually, I began practicing yoga and stuck with it for quite some time. Over time, I felt ready to take the next step: joining a gym and working with a trainer to focus on maintaining and building muscle mass.

I took it slow, starting with just one exercise for a single muscle group and minimal repetitions. Then I added more exercises and, step by step, progressed further and further.

Today, I can't imagine my life without training. It has become an integral part of my daily routine, requiring no forcing or reliance on willpower. I want to exercise, and I want to run. I absolutely love it!

I'm not aiming to run marathons or compete in races. I'm simply an active person who loves staying fit. That said, I did earn certifications as a professional yoga and Pilates instructor, but only because I wanted to take things further. It's not necessary in order to stay in shape or lead an active lifestyle, just a personal choice to deepen my journey.

I've often reflected on how I managed to achieve this transformation—how someone

like me, who was never naturally inclined toward exercise, made it an inseparable part of my life. Through this reflection, I identified a set of principles that worked for me.

Here they are:

The Desire to Fall in Love with the Activity.

This is the most important principle. Not to learn it, not to force yourself into it, but to want to love it. With that mindset, everything you must learn feels different—it sparks curiosity. Curiosity belongs to the realm of emotions, meaning there's no need to force yourself.

Understanding why you want to become more active and flexible is crucial. For me, a strong motivator is the prospect of mobility in old age—I don't want to end up helpless and unable to care for myself. For you, other fears or desires might drive you to become physically and mentally stronger.

Keep this long-term perspective in mind. It's a powerful motivator for changing your lifestyle.

Creating a Comfortable Environment for Yourself. For example, when I first started running, I didn't go alone—I needed the support of my husband. Plus, running through the woods by myself felt a bit scary.

Or take the gym: when choosing one, it was crucial for me that it had a sauna. Initially, knowing I could relax in the sauna after my workout made going to the gym much more appealing. Now, having a sauna isn't as important to me, but back then, it played a huge role in helping me develop a love for working out.

The key is to identify what will help you stick with an activity—not for the results, but

because you enjoy it. Remember, the goal is to shift physical exercise from something that feels "hard" and "uncomfortable" to something that feels "pleasant" and "enjoyable."

Start Gradually. One key factor I've discovered is the importance of starting slow. Reflecting on my past failed attempts to stick with exercise, I realized that my impulsiveness was a big obstacle. My emotional brain wouldn't let me move steadily and consistently toward my goals. I'd get overly enthusiastic at first, then quickly lose interest if I didn't see results.

Whenever I started something, I'd dive in with full force. If I decided to go to the gym, I'd push myself to do as much as possible in one session—as if I could lose weight immediately or be ready to run a marathon by the next day. Naturally, the following day, every part of my body would be sore, including parts I didn't even know existed. And with no visible results, I'd start questioning the whole endeavor. Why sacrifice so much for this?

Now, I know better. It's crucial not to overdo it. Motivation should be focused on the process, not the results. Let go of tension in your body and allow yourself to relax. Pay attention to how your body feels during each movement or stretch. Practice being gentle with yourself and savor the pleasure of movement. If something hurts, ease up; adjust the intensity until it feels comfortable.

Progress will come, but our main goal is to find joy in the action itself and to fall in love with the process.

That's it. I now apply these three components to every area of my life when working on long-term plans. It

fundamentally changes how I approach any activity.

These simple principles reflect the core values of traditional wellness practices, such as yoga, which emphasize mindful movement, gradual progress, and the connection between body and mind. Ancient civilizations, including the Greeks and Chinese, recognized the importance of moderate physical activity to maintain balance, health, and longevity.

With its slow, deliberate movements, practices like Tai Chi in China were not designed to build bulk or speed but to cultivate strength, balance, and energy over time. Similarly, yoga, which originated in India more than 5,000 years ago, was developed as a holistic practice aimed at uniting the body, mind, and spirit through gentle poses (asanas), controlled breathing (pranayama), and meditation.

Though differing in approach, both practices share a fundamental belief: mindful, consistent movement—even small, incremental steps—can have a profound impact on both body and mind.

A growing body of modern exercise science research supports this idea, showing that even brief bursts of physical activity can lead to significant health improvements over time. However, for older adults, the key to maintaining physical health is not in sporadic bursts of high-intensity activity but in creating a sustainable daily routine.

Studies confirm that regular, moderate exercise is far more effective for maintaining long-term health than occasional high-intensity workouts. This steady, mindful approach fosters lasting well-being and promotes resilience, balance, and strength as we age.

These conditions establish realistic, achievable goals, starting with three minutes of exercise per day and gradually increasing time and intensity as the individual becomes more comfortable. This approach also aligns with the concept of mindfulness, which has gained significant attention in recent years in both physical and mental health domains.

Mindfulness is the practice of being fully present in the moment. When applied to physical activity, it involves paying attention to how the body feels during exercise, focusing on the breath, and moving with intention.

This approach not only enhances the physical benefits of exercise by promoting proper and safe movement, but also helps reduce stress and anxiety. By combining mindful awareness with gradual progression, individuals are more likely to create sustainable habits that improve both physical and mental well-being.

I hope these simple principles will help you fall in love with physical exercise and make it a permanent part of your life. By embracing movement, you can become more flexible, energized, and connected to your body.

Here's to your new, active life—let's move forward together!

Part 2.

"When the restlessness of the mind, intellect and self is stilled through the practice of Yoga, the yogi by the grace of the Spirit within himself finds fulfillment."

— Attributed to traditional Yogic philosophy, possibly inspired by Patanjali's Yoga Sutras.

Chapter 4: What Is Yoga? A Brief History

When it comes to falling in love with physical activity and movement—following the principles we explored in Part 1—yoga is an ideal practice.

Yoga is not about competition; it's about personal experience. In yoga, there is no right or wrong. There are no medals for speed or flexibility. Yoga is your own journey, where you move at your own pace, listen to your body, and seek balance.

You do as much as feels comfortable for you. Each person's practice is unique, and progress is measured first and foremost by how you feel—both physically and mentally.

According to Indian beliefs, everything is permeated by the Supreme Universal Spirit (Paramatma, or God), of which the individual soul (jivatma) is a part. Yoga is so named because it teaches how the jivatma can unite with the Paramatma and achieve liberation (moksha).

The ultimate goal of yoga is to attain harmony and balance between the body and the mind, leading to inner peace and self-realization. In fact, the word yoga comes from the Sanskrit root "yuj", which means "to bind, join, or unite."

Over thousands of years, yoga has evolved into various forms and styles, but its core

philosophy remains unchanged: it is a path to physical health, mental clarity, and spiritual awakening.

The origins of yoga can be traced back to the Indus-Sarasvati civilization in Northern India around 3000 BCE. Archaeological evidence, including stone seals depicting poses resembling yoga, suggests that yoga practices already existed during this time.

Early references to yoga appear in the Rig Veda, one of the oldest sacred texts in the world. The Rig Veda contains hymns, rituals, and chants used by Vedic priests, describing yoga as a means of achieving enlightenment and spiritual knowledge. During this period, the focus was on meditation and breath control rather than the physical poses commonly associated with modern yoga today.

As yoga evolved, it became more systematized in the Upanishads (circa 800–500 BCE), a collection of philosophical writings exploring the mystical aspects of life and the nature of existence. The Upanishads established yoga as a meditative practice aimed at self-realization and liberation from the cycle of birth and death (samsara).

At the heart of this philosophy was the belief that through disciplined practice (sadhana), one could achieve moksha, which means spiritual freedom and liberation.

The Yoga Sutras by Patanjali is one of the most well-known and comprehensive early texts on yoga, written around 200 CE. This collection of aphorisms presents yoga as both a philosophy and a practice. In the Yoga Sutras, Patanjali outlines the Eight Limbs of Yoga (Ashtanga), which serve as a guide to

a meaningful and purposeful life. These eight parts include:

Yama (Ethical Principles): Guidelines for behavior toward others. They include ahimsa (nonviolence), satya (truthfulness), asteya (non-stealing), brahmacharya (moderation), and aparigraha (non-possessiveness).

Niyama (Personal Disciplines): Rules for developing self-discipline and inner harmony. They include shaucha (purity), santosha (contentment), tapas (discipline), svadhyaya (self-study), and Ishvarapranidhana (surrender to a higher power).

Asana (Postures): Physical poses that strengthen the body and prepare it for meditation.

Pranayama (Breath Control): Techniques for regulating the breath and energy within the body.

Pratyahara (Withdrawal of the Senses): The practice of detaching from external distractions to focus inward.

Dharana (Concentration): Focusing the mind on a single object or thought.

Dhyana (Meditation): Deep, uninterrupted concentration where the mind becomes fully absorbed in the object of meditation.

Samadhi (Enlightenment): The ultimate state of consciousness and unity with the universe, where one realizes the true self.

This framework provides a holistic path to achieving harmony between body, mind, and spirit, offering timeless principles that remain relevant to both physical and mental well-being.

Patanjali's work remains one of the most influential texts in the study and practice of yoga today, particularly for those pursuing a spiritual or meditative path.

Yoga teaches that every individual is part of a greater whole. At the heart of its philosophy lies the idea that our "self" is interconnected with all existence. Through yoga practices, one strives to discover one's inner "self" and realize one's connection to the universe. The goal is to strengthen the body and achieve harmony of the mind and spirit simultaneously.

One of the key tenets of yoga philosophy is the belief in the unity of opposites—balancing effort with relaxation, strength with flexibility, and the external world with inner reflection. This philosophy is embodied in the practice of yoga itself, where physical postures (asanas) are combined with mindful breathing (pranayama) and meditation (dhyana) to create harmony between the body and the mind.

Another central aspect of yoga philosophy is the concept of non-attachment (aparigraha), which teaches practitioners to let go of the need for control, material possessions, or specific outcomes. By practicing non-attachment, individuals can free themselves from stress and anxiety about external circumstances and focus on their inner state of being. This aligns with yoga's overarching goal: to calm the fluctuations of the mind (chitta vritti nirodha, as Patanjali describes it) and experience peace and clarity.

Yoga also emphasizes the importance of balance—not only in physical poses but in life as well. Yoga practice encourages individuals to find equilibrium between effort and ease, work and rest, ambition and

acceptance. This principle of balance is reflected in how yoga poses (asanas) challenge the body while simultaneously promoting relaxation and deep, mindful breathing.

Throughout its history, yoga has undergone significant transformations. Originally, it was a spiritual and meditative practice, but during the medieval period, it began incorporating physical postures. The Hatha Yoga Pradipika, written in the 15th century, introduced hatha yoga, which focuses on physical poses (asanas) and breath control (pranayama) as a means of preparing the body for meditation. This marked the beginning of the physical practice of yoga as we know it today.

In the late 19th and early 20th centuries, yoga began to spread to the West, largely thanks to Indian gurus such as Swami Vivekananda and Paramahansa Yogananda, who introduced Western audiences to its spiritual and philosophical dimensions. However, it wasn't until the mid-20th century that the physical practice of yoga gained widespread popularity. Teachers like B.K.S. Iyengar, Pattabhi Jois, and Tirumalai Krishnamacharya played pivotal roles in developing yoga styles that emphasized physical postures, alignment, and breathing techniques, shaping the modern practice of yoga.

Today, yoga is practiced by millions of people worldwide. It has evolved into various styles, ranging from physically demanding practices like Ashtanga and Vinyasa to more restorative and meditative approaches, such as Yin and Restorative Yoga.

While many are drawn to yoga for its physical benefits, such as improved flexibility, strength, and balance, its deeper

philosophical teachings continue to resonate with those seeking inner peace and self-discovery.

Chapter 5: Chair Yoga

We will begin our journey toward regular activity and developing a habit of physical exercise by exploring yoga through a simplified approach. Chair yoga is a gentle and accessible form of yoga that offers a safe way to enjoy the benefits of regular physical activity without the strain of traditional floor-based yoga.

While chair yoga requires minimal equipment, having the right tools enhances safety, comfort, and overall effectiveness, making the practice even more enjoyable and beneficial.

Before starting yoga, it's essential to consult your healthcare provider, especially if you have chronic conditions or lead a sedentary lifestyle. People with issues such as herniated discs or glaucoma should exercise particular caution, as there are poses that should be avoided.

In yoga, it's crucial to understand that only you can determine what benefits you and what might cause harm. You need to develop an internal filter to assess your sensations, knowing whether your practice brings feelings of freedom and tranquility or increases discomfort.

While performing breathing exercises or poses (asanas), observe yourself in every moment and ask: "Do I feel good? Do I want to continue? Can I breathe calmly? Are there any unpleasant sensations?"

Remember: it doesn't matter if you complete all the exercises perfectly on any given day. What matters is that you practice mindfully

and attentively, ensuring it benefits you. If you experience shortness of breath, dizziness, or blurred vision, stop immediately and concentrate on deep, even breaths until you return to normal (baseline, feeling okay).

A Sturdy Chair: The Foundation of Chair Yoga

The chair is the most essential piece of equipment in chair yoga, providing the support and stability necessary for all poses. A well-chosen chair ensures the safety of your practice while maintaining proper posture and alignment, which are critical for preventing injuries while maximizing the benefits of yoga.

The ideal chair for yoga should be sturdy and stable, without wheels or a swiveling feature, as these can create instability and increase the risk of falls. A stationary chair, such as a dining chair or a solid folding chair, is perfect because it stays firmly in place even when the weight is shifted.

The chair should have a flat, firm seat and a straight back to support good posture during seated poses. Height is also important. Ideally, the chair should allow the practitioner's feet to rest flat on the ground, with knees bent at a 90-degree angle, ensuring stability in both seated and standing positions.

Another important consideration is that the chair should not have armrests, as they can restrict the range of motion during yoga poses, particularly those involving arm stretches or torso twists.

If the chair feels too low, you can place a firm cushion on the seat to elevate your hips. This ensures that your feet remain flat on the floor, which is crucial for maintaining balance and preventing joint strain.

Pay attention to the flooring under your chair. Use a non-slip mat if the surface is slippery, such as tile or polished floors.

Placing a mat under the chair will help prevent it from sliding during weight-bearing poses, ensuring it remains stable throughout your practice.

In addition to stabilizing the chair, the mat will also cushion your feet during standing poses, enhancing both safety and comfort.

Chapter 6: Week 1.

Introduction to Yogic Breathing Techniques

Breath control—known as pranayama—is one of the foundational aspects of yoga. The word pranayama comes from two Sanskrit terms: prana, meaning life force or energy, and Yama, meaning control or regulation.

This breath control practice helps manage the body's energy flow and enhances focus and mindfulness.

Full Yogic Breath

Pranayama (breathing exercises) can be practiced based on the type of lung ventilation involved. This technique develops lung capacity, harmonizes the nervous system, and calms and relaxes both body and mind (a parasympathetic technique). Before any inward-focused practice, such as meditation or asana practice, full yogic breathing can stabilize the mind and connect with the present moment.

Full Yogic Breath consists of three parts:

- Lower (abdominal, diaphragmatic) breathing
- Middle (thoracic) breathing
- Upper (clavicular) breathing

While Full Yogic Breath is highly effective, it is unnecessary to aim for this type of breathing in everyday life. Instead, it is best suited for mindful practice to enhance physical and mental well-being.

Breathing is an unconscious process, and attempting to keep it under constant control can disrupt the natural automatic rhythm of the respiratory cycle. This may lead to issues with breathing regulation during rest or sleep.

Full Yogic Breath, the foundation of all pranayama practices, should be the starting point for any internal yoga techniques. Begin with a few cycles of Full Yogic Breath before transitioning to other breathing techniques or a sequence of asanas.

Each stage of Full Yogic Breath can also be practiced independently as a standalone exercise.

Diaphragmatic Breathing (Abdominal or Belly Breathing)

In the first week, we will practice the initial part of Full Yogic Breath—diaphragmatic breathing, also known as abdominal or belly breathing. This technique focuses on engaging the diaphragm, a large muscle located at the base of the lungs, to facilitate deeper and more complete breaths.

Expanding the abdominal cavity during inhalation allows the lungs to fill more fully, improving oxygen intake and circulation. This simple yet powerful practice lays the foundation for more advanced breathing techniques while promoting relaxation and increased awareness of your body.

Benefits of Diaphragmatic Breathing

Research on the benefits of diaphragmatic breathing for physical and mental health demonstrates a range of advantages, including:

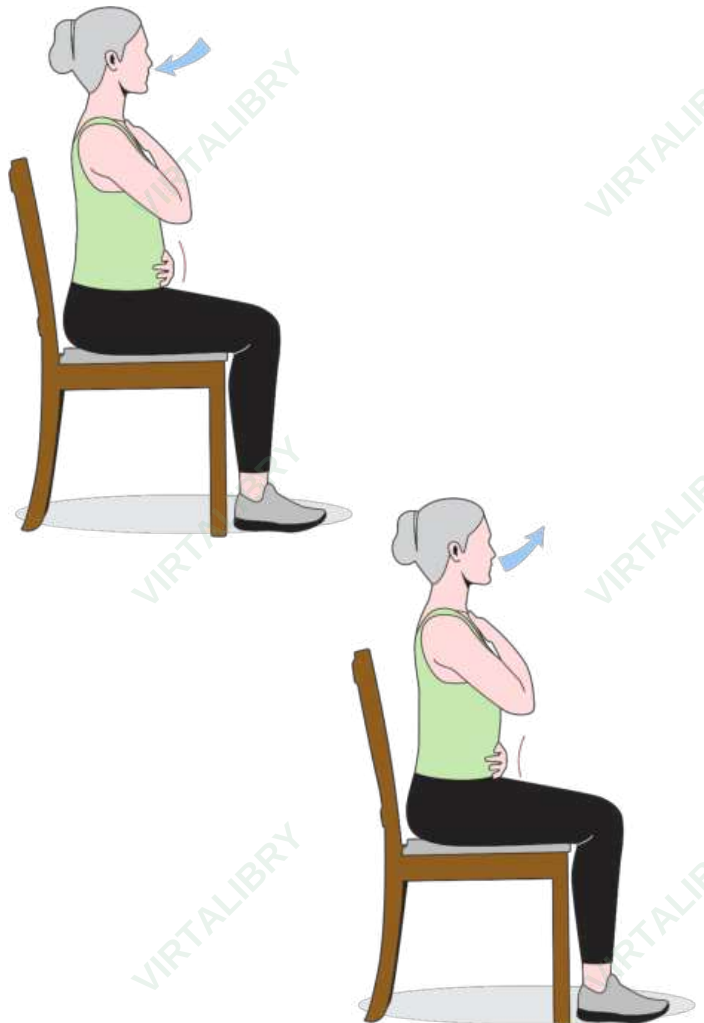
- Improved cognitive function: Enhanced oxygen flow to the brain and reduced stress levels help improve focus and concentration.
- Activation of the parasympathetic nervous system: This promotes relaxation, reduces stress levels, and fosters a sense of calm.
- Better breath control: It helps alleviate symptoms of respiratory conditions by enhancing breathing efficiency.
- Regulation of blood pressure: It helps lower vascular tension by reducing sympathetic nervous system activity and stimulating the parasympathetic system.
- Improved digestion: Stimulating the diaphragm can enhance the functioning of the digestive organs.

Incorporating diaphragmatic breathing into your routine can improve overall physical and mental well-being.

How to Practice Diaphragmatic Breathing:

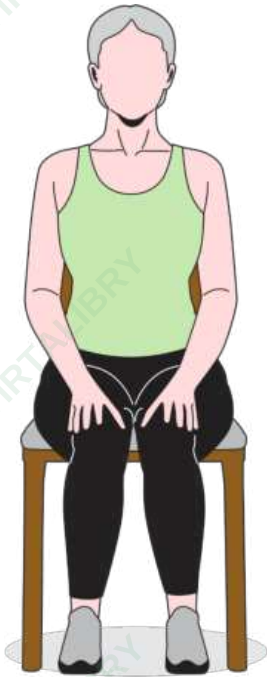
- Sit comfortably in a chair with your feet flat on the floor and your hands resting on your knees.

- Close your eyes if you feel comfortable or soften your gaze.
- Place one hand on your abdomen and the other on your chest.
- Begin with a slow, deep inhale through your nose, allowing your abdomen to rise as you fill your lungs with air. Keep your chest still. Imagine your abdomen expanding like a balloon.
- Exhale gently through your nose, letting your abdomen fall softly.
- Repeat this breathing for several minutes, focusing on the smoothness and depth of your inhales and exhales.



Complete Exercise Sequence – Week 1 (3 Minutes)

Ex 1. Breathing and Grounding



- Sit comfortably on a chair, feet flat on the floor, knees bent at a 90-degree angle, and hands resting on your knees.

- Close your eyes and practice diaphragmatic breathing.

- Take a few slow inhales and exhales, focusing on relaxing your body with each exhale. Pay attention to your sensations.

- Remember: even if it feels like you're not doing it perfectly, you're still doing it right. Find a comfortable rhythm and breathe as long as you need to relax and prepare for the exercises ahead.

- Once you're grounded, proceed to the exercises.

- During the exercises, pay attention to your natural breathing—avoid holding your breath. Use steady, relaxed breaths. Breath acts as a guide for movement in yoga, helping to create a flow that connects each pose smoothly and mindfully.

- Synchronizing your breath with movement allows for greater ease and reduces strain on your muscles and joints. Inhale when lifting or extending, and exhale when releasing or folding into a pose, bringing smoothness and lightness to every movement.

Ex 2. Circular Movements for Wrists and Ankles (30 seconds)

These movements help improve joint mobility, relieve tension, and relax the muscles to prepare for the exercises.

Wrist Rotations

- Sit on the chair with a straight back, relaxing your shoulders and arms.
- Gently close your fingers into a loose fist or keep your palms open, fingers relaxed.
- Raise your hands in front of you and slowly rotate your wrists in circles.



- Make 5–6 smooth circles, focusing on moving only your wrists.
- Reverse the direction and perform 5–6 circles the other way.
- Lower your hands and lightly shake out your wrists to release any residual tension.
- Lift your right foot slightly off the floor, keeping your leg straight or slightly bent at the knee.
- Slowly rotate your ankle clockwise, focusing on smooth movement from the ankle joint.
- Make 5–6 circles in this direction, then reverse and perform 5–6 counterclockwise circles.

Ankle Rotations



- Sit on the chair with a straight back, feet flat on the floor. Hold onto the chair seat for stability if needed.

Common Mistakes and Tips

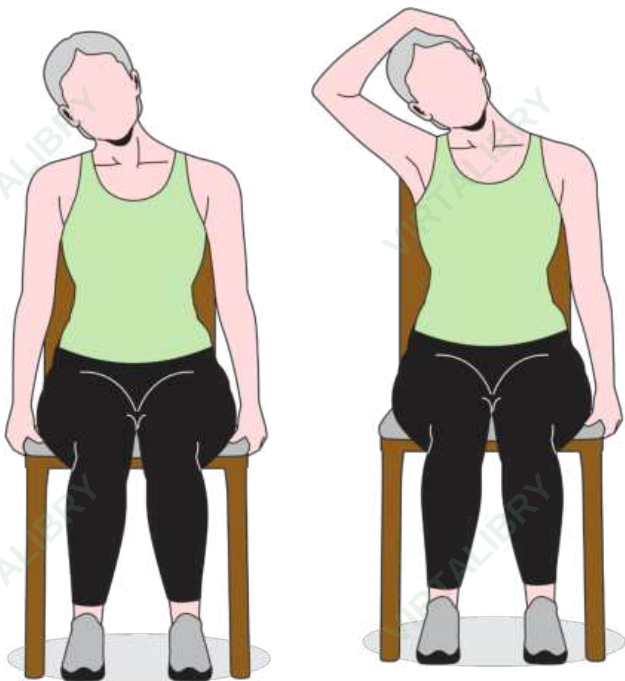
- **Excessive range of motion:** Avoid exaggerated or jerky movements. Keep the circles smooth and controlled.
- **Rushing through the exercise:** Perform the rotations slowly and mindfully, focusing on each movement for maximum benefit.
- **Poor posture and tension:** Sit upright with a relaxed back and shoulders. Avoid straining your neck, shoulders, or back during the exercise. Keep your body aligned and tension-free.

Ex 3. Neck Tilts (1 minute)

Improves neck flexibility and relieves tension in the trapezius muscles and upper shoulders.

Steps:

- Sit with a straight back and feet flat on the floor. If needed, hold onto the chair seat for stability.
- Take a deep inhale, lengthening your spine upward. On the exhale, gently tilt your head toward your right shoulder as if reaching your ear toward your shoulder.
- Let your left shoulder relax downward, avoiding any upward lift, to deepen the stretch on the left side of your neck.



- If comfortable, place your right hand on the left side of your head, adding gentle weight without applying strong pressure. This helps softly deepen the stretch.
- Breathe calmly and deeply, feeling the neck muscles relax with each exhale.
- Hold the position for 2–3 breathing cycles. With each inhale, imagine lengthening the neck; with each exhale, allow the muscles to relax further.
- On an inhale, gently lift your head back to the center.

- Repeat on the other side, tilting your head toward your left shoulder and, if desired, using your left hand to deepen the stretch.

Common Mistakes and Tips

- **Overexertion or excessive tilt:** Move your head slowly, stopping at a point where you feel a light stretch but no pain. Keep movements gentle and the range of motion comfortable.
- **Lifting the shoulders:** Keep both shoulders relaxed and down. Focus on stretching only the neck, avoiding unnecessary involvement of the shoulders.
- **Improper head alignment:** Ensure the movement is directly sideways toward the shoulder without tilting the head forward or backward. Imagine your head moving along a straight line.
- **Jerky movements:** Perform the tilt smoothly and mindfully, feeling the stretch with every slight movement. Avoid sudden or forced motions.
- **Holding your breath:** Maintain even, steady breathing to help relax the muscles and deepen the stretch naturally.

Ex 4. Shoulder Rolls (1 minute)

This exercise helps relax the shoulders, open the chest, improve posture, and release tension in the upper body.

Steps:

- Sit upright with your arms relaxed by your sides. Engage your core by drawing

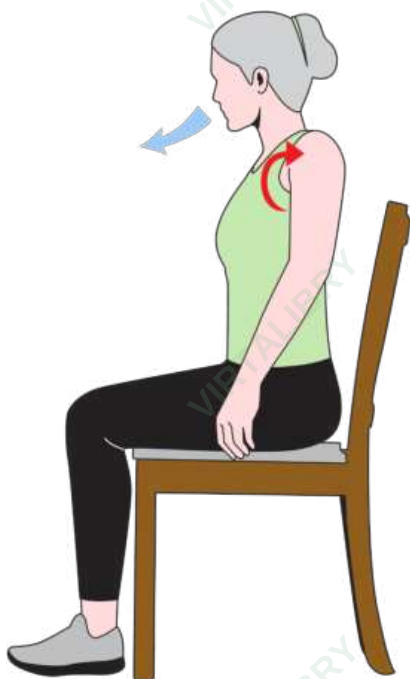
your belly and lower ribs inward and lengthen your spine by reaching upward through the crown of your head.

- Roll your shoulders back and down, keeping your chin slightly tucked. Relax your face.

- On an inhale, slowly lift your shoulders toward your ears, feeling a gentle stretch in the shoulder muscles.



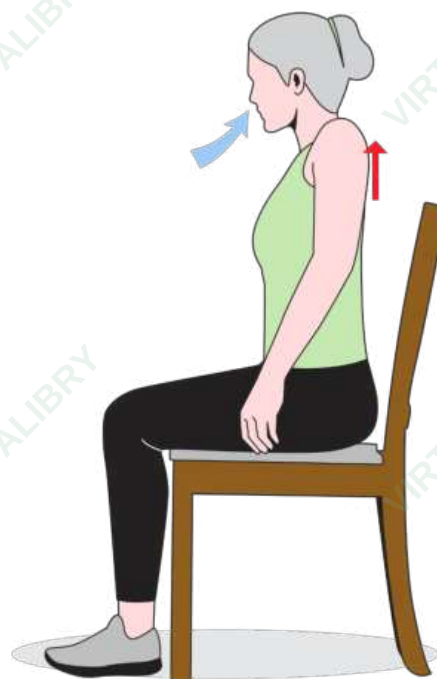
- Move your shoulders back, drawing your shoulder blades together and opening your chest. Feel a light stretch across the chest.



- On an exhale, lower your shoulders down and forward, returning to the starting position.

Reverse the direction:

- Lift your shoulders upward,



- Then move them forward and down, finishing the movement by rolling them back.



- Repeat the sequence a few times, focusing on smooth, controlled motions and maintaining proper posture throughout.

Common Mistakes and Tips

- **large or jerky movements:** Keep the motions smooth and within a comfortable range. Avoid any movements that cause pain.
- **Excessive tension when lifting shoulders:** Lift shoulders moderately without straining the neck. Focus on fully relaxing the shoulders on the downward movement.
- **Poor posture:** Maintain a straight back, elongating the spine. Keep the chest open and avoid rounding the shoulders forward.
- **Involvement of arms or upper back:** Focus on isolating the movement to the shoulders. Keep the arms relaxed and stationary by your sides or resting on your lap if seated.

Ex 5. Side Stretch – Variation 1 (30 seconds) Parsva Sukhasana ("Easy Pose with Side Bend")

This stretch improves spinal flexibility and mobility, strengthens the core muscles, opens the chest, and enhances breathing. It also helps relieve tension in the lower back and promotes better posture.

Steps

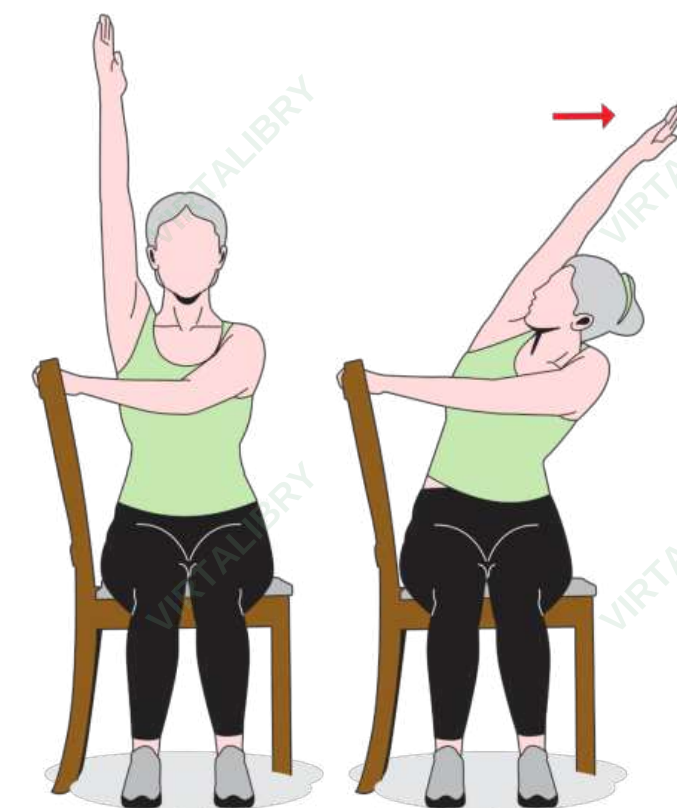
Sit sideways on the chair, with your right side facing the chair back. Raise your right arm and place your left hand on the backrest for support. Keep your spine straight and feet flat on the floor.

On an inhale, lengthen your right arm upward, elongating your spine.

On an exhale, gently lean to the left, keeping your right arm extended and your left hand holding the chair back for stability.

Feel the stretch along the right side of your body.

Stay in this position for 2–3 breathing cycles. Breathe deeply, lengthening upward with each inhale and relaxing further into



the stretch with each exhale if it feels comfortable.

On an inhale, return to an upright position and lower your right arm.

Turn so your left side faces the chair's backrest, and repeat the stretch on the other side, placing your right hand on the

chair for support and lifting your left arm for the stretch.

Common Mistakes and Tips

- **Overextending the side bend:** Move gently and gradually, stopping at a comfortable stretch level without strain. Avoid forcing the movement.
- **Lifting the shoulder toward the ear:** Keep the shoulder relaxed and down, focusing on lengthening the side body rather than elevating the shoulder.
- **Leaning forward or backward:** Maintain a straight torso and bend directly to the side, as if along an imaginary wall, to target the side muscles effectively.
- **Slouching or losing posture:** Keep the spine elongated, creating a straight line from the base of your back to the crown of your head. Start the movement by lengthening the spine rather than rounding it.
- **Putting too much pressure on the supporting hand:** Hold the chair lightly for support, not to pull or overextend yourself.
- **Tensing the neck:** Relax the neck and direct your gaze forward or slightly upward to avoid straining neck muscles.

Relaxation

- Close your eyes and focus once again on your breathing.
- Take slow, calm inhales and exhales.
- Gradually relax your face, shoulders, arms, and legs.
- When you're ready, slowly open your eyes, maintaining a calm and mindful state.

You can practice these exercises every day or every other day during the first week, depending on how you feel. Our goal is to gently introduce your body to movement in a rhythm that feels good and adds a sense of pleasure and enjoyment to your routine.



Chapter 7: Week 2.

After practicing diaphragmatic breathing, the next step is transitioning to Full Yogic Breath. This type of breathing engages all parts of the lungs and allows you to feel the air moving through the abdominal, thoracic, and clavicular regions in a sequential flow.

Transitioning from Diaphragmatic to Full Yogic Breath

Step 1: Start with Diaphragmatic Breathing (Lower Breathing)

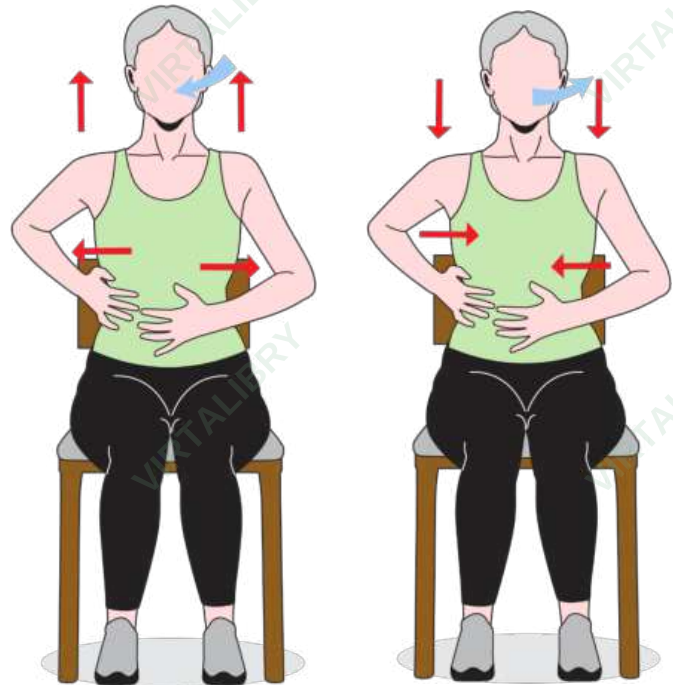
- Sit or lie down in a comfortable position.
- Place one hand on your abdomen to feel its movement and the other on the lower part of your ribs.
- Inhale deeply, allowing your abdomen to expand as you fill the lower part of your lungs. Feel the air filling your belly without moving your chest.

Step 2: Add Thoracic Breathing (Middle Breathing)

- Once your abdomen is filled with air, continue the inhale by expanding your ribcage outward.
- Feel your ribs move to the sides as you fill the middle part of your lungs.

Step 3: Complete the Inhale with Clavicular Breathing (Upper Breathing)

- After expanding your abdomen and chest, finish the inhale by slightly lifting your collarbones and shoulders.
- Allow the breath to fill the uppermost part of your lungs. This is the final stage of the inhale.



Step 4: Slow Exhale

Begin the exhale by relaxing your collarbones and shoulders, releasing air from the upper lungs.

Next, gently release the air from your ribcage as it contracts inward.

Finally, draw your abdomen inward, releasing the last bit of air from the lower lungs.

Repeat the Sequence

Practice Full Yogic Breathing by smoothly connecting the abdominal, thoracic, and clavicular stages of breath. Let the inhale and exhale flow evenly and naturally.

Helpful Tips for Full Yogic Breathing

- **Focus on smooth transitions:** Avoid abrupt pauses between each stage of the breath. Let it flow seamlessly.
- **Gradually increase duration:** Over time, extend each stage (abdomen, ribcage, collarbones) so that your inhale and exhale last longer.
- **Create a calm environment:** Practice in a quiet, relaxed setting to fully tune in to your breath and sensations.
- **Avoid force:** Keep the breathing light and relaxed without straining at any stage.

Complete Exercise Sequence – Week 2 (6 Minutes)

Ex 1. Breathing and Grounding

- Sit comfortably on a chair with your feet flat on the floor, knees bent at a 90-degree angle, and hands resting on your knees.
- Close your eyes and practice Full Yogic Breath.
- Take a few deep inhales and exhales, focusing on relaxing your body with each exhale. Tune into your sensations and let your breath guide you into a calm and centered state.

Once you are grounded and relaxed, proceed to the exercises. Perform each movement slowly and mindfully, paying attention to every motion. If you feel discomfort or pain, reduce the range of motion or try a gentler variation.



Repeat These Exercises from Week 1 to Warm Up Your Joints

Ex 2. Circular Movements for Wrists and Ankles (30 seconds)

Ex 3. Neck Tilts (1 minute)

Ex 4. Shoulder Rolls (1 minute)

Add a Few New Exercises:

Ex 6. Arm Stretch (30 seconds): Urdhva Hastasana – "Upward Hands Pose"

This pose stretches the spine, abdominal muscles, and arms, promotes chest opening, and gently strengthens the back, shoulders, and arms.

Steps:

- Sit on a chair with a straight back, feet flat on the floor, knees bent at a 90-degree angle.
- Keep your feet hip-width apart with toes pointing forward.
- Rest your hands on your knees and relax your shoulders.
- **Inhale:** Raise your arms upward, reaching toward the ceiling. Palms can face each other or touch, whichever is more comfortable.
- Slightly lower your shoulders away from your ears to avoid tension in your neck. If your shoulders feel tight, keep your arms slightly bent at the elbows or shoulder-width apart.
- Lengthen your spine from the base to the crown of your head, feeling your body stretching upward.
- Gently draw your shoulder blades downward, keeping your chest open and your neck relaxed.
- Engage your core lightly to support your lower back, and maintain a long, extended posture.
- Your gaze can be directed upward or forward, based on your comfort level.
- Stay in this position for 3–5 breathing cycles. With each inhale, focus on elongating your spine and relax your shoulders further with each exhale.
- **Exhale:** Slowly lower your arms back down and return your hands to your knees, returning to the starting position.



Common Mistakes and Tips:

- **Raising shoulders toward the ears:** Keep shoulders relaxed and away from the ears. Focus on releasing tension with each exhale.
- **Overarching the lower back:** Keep your core slightly engaged to protect your lower back. Stretch upward through the crown of your head rather than creating a backbend.
- **Tension in the neck:** Keep your neck relaxed and avoid straining it.
- **Overexertion in arms and elbows:** Keep arms active but avoid excessive tension. Slightly bend the elbows if necessary to stay comfortable.
- **Leaning forward or backward:** Maintain a neutral spine, avoiding any forward or backward tilt. Engage your core to stabilize your torso.

Ex 7. Shoulder Stretch (1 minute):

Adapted Gomukhasana – "Cow Face Pose" for Arms

This stretch gently targets the shoulder joints, triceps, and chest muscles, helping to improve flexibility and mobility in the upper body.

- Sit on a chair with a straight back, feet flat on the floor, arms relaxed by your sides.
- Relax your shoulders and focus on smooth, steady breathing.
- Keep your head upright (not leaning back), gaze forward, and chest open as you stretch.
- Switch sides: Lower your right arm and repeat the steps with your left arm.

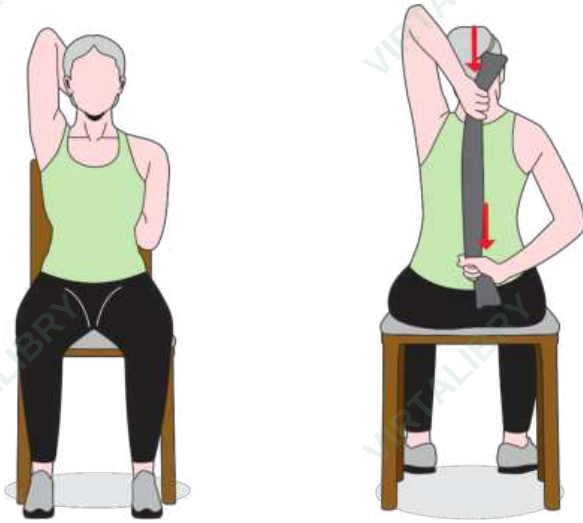
Stretching one arm upward:

- Raise your right arm upward, bend it at the elbow, and **inhale** as you lower your palm behind your head toward your shoulder blades.
- With your left hand, hold your right elbow and **exhale** as you gently pull it closer to your head.
- Feel a light stretch along your triceps and shoulder. Hold the position for 2–3 breaths.



Variation with a strap or towel:

- Hold a strap (or towel) in your right hand and lift it overhead.



- **Inhale** and bend your right elbow, letting the strap hang down your back.
- **Exhale** and use your left hand to pull the strap downward, gently bringing your right elbow closer to your head.

- If comfortable, slide your left hand slightly upward along the strap, maintaining a gentle stretch.

Repeat on the other side.

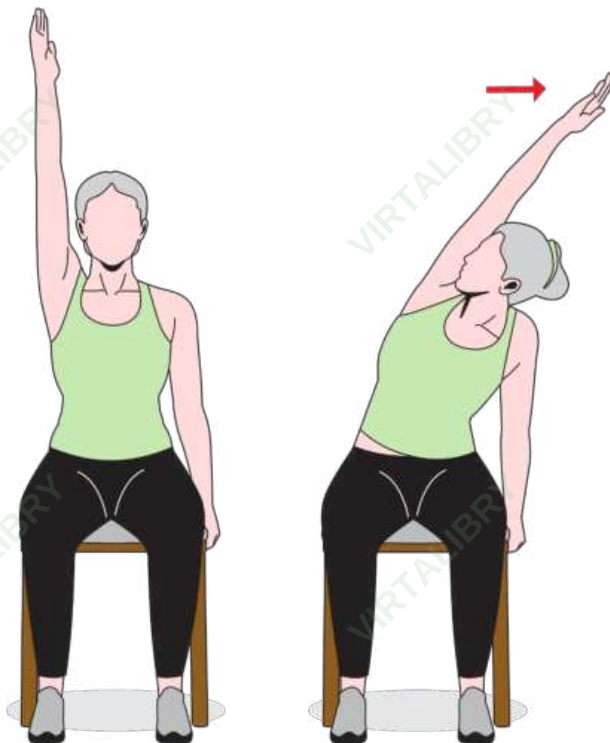
Common Mistakes and Tips:

- **Tension in the neck and upper back:** Focus on a gentle stretch and relaxed breathing. Avoid forcing your body to reach beyond its comfort level.
- **Rounding the shoulders or slouching:** Keep your back straight and lengthen your spine upward. This helps open the chest and achieve optimal stretch.
- **Holding or irregular breathing:** Maintain steady, deep breaths. Use the inhale to lengthen the spine and the exhale to relax muscles and deepen the stretch naturally.

Ex 8. Side Stretch – Variation 2 (30 seconds): Parsva Sukhasana "Easy Pose with Side Bend"

This stretch improves spinal flexibility and mobility, strengthens the core muscles, opens the chest, and enhances breathing. It also helps relieve tension in the lower back and improves posture.

- Sit upright with your feet flat on the floor, knees bent at a 90-degree angle.
- **Inhale:** Raise your right arm upward, extending it over your head to lengthen the right side of your body. Keep your left hand resting on your thigh for support or holding the seat of the chair for stability. At this stage, do not lean yet.
- **Exhale:** Gently lean to the left, deepening the stretch without forcing it. Feel a soft stretch along the right side of your body, from the hip to the armpit. Focus on moving only the upper body into the side bend, keeping the lower ribs slightly extending outward to the right.
- Relax your left shoulder, avoiding any upward lift.
- Turn your head slightly to look up toward your raised arm or keep your gaze forward if it feels more comfortable for your neck.



- Stay in this position for 2–3 breaths. With each inhale, lengthen upward through your spine; with each exhale, allow your body to relax further into the bend if comfortable.
- Exhale: Gently return to an upright position, lowering your right arm.
- Perform the same movements on the opposite side, raising your left arm and bending to the right.

This variation of side stretching encourages greater body awareness, alignment, and relaxation.

Common Mistakes and Tips:

- **Rounding the back:** Keep your spine long and straight. Focus on lengthening upward before leaning to the side to maintain space between the vertebrae throughout the movement.
- **Lifting the shoulder toward the ear:** Relax your raised shoulder and avoid pulling it upward. Concentrate on lengthening the side body rather than tensing the shoulder.
- **Twisting the torso forward or backward:** Keep your torso neutral and aligned, avoiding any twisting. Imagine leaning directly to the side as if along an invisible wall.
- **Lack of stability in the hips:** Keep your hips and sit bones firmly planted on the chair. This provides a stable base and ensures the stretch is safe and effective.
- **Tension in the neck and raised arm:** Keep the extended arm soft and relaxed. Your neck should also remain tension-free, and your gaze should be directed forward or slightly upward.

Ex 9. Heel and Toe Lifts (30 seconds)

This exercise helps strengthen the ankle joints, calf muscles, and feet while improving stability and balance.

- Sit on a chair with a straight back, the crown of the head reaching upward, shoulders relaxed and lowered.
- Place your feet flat on the floor, hip-width apart, with knees bent at a 90-degree angle.
- Rest your hands on your knees or sides, palms facing down.

- Lengthen your spine, reaching upward from the base of your back to the crown of your head. Imagine your upper body lightly lifting upward while your lower body is firmly grounded.
- **Inhale:** Slowly lift your heels, staying on the balls of your feet. Feel the activation in your calf muscles and a sense of lightness and upward extension.



- Hold for a moment, sensing stability and elongation in your spine.
- Maintain your balance, imagining your upper body continuing to stretch upward.

- **Exhale:** Slowly lower your heels and lift your toes, keeping your heels grounded. Feel the stretch in your calf muscles and ankle joints.
- Maintain balance without leaning your torso forward or backward.



- With steady, slow breathing, perform several repetitions, transitioning smoothly between lifting your heels and your toes.

Common Mistakes and Tips:

- **Jerky movements:** Perform movements slowly and smoothly, maintaining control with each lift and lowering.
- **Focusing only on the lifting movement, neglecting spinal elongation and posture:**

During each lift, imagine your spine lengthening upward.

- **Tension in the neck and face:** Relax the facial muscles, keep your chin slightly tucked, and direct your gaze forward or slightly downward to avoid strain.

Ex 10. Leg Lifts and Extensions: Dandasana “Staff Pose” (30 seconds)

Helps strengthen the muscles supporting the knee joints and improves stability.

- Sit on a chair with your feet flat on the floor, back straight, shoulders relaxed, and hands resting on your thighs or holding the chair for support.
- **Inhale:** Lift your right leg, straightening it in front of you while feeling the activation of your thigh muscles. Keep your torso and spine steady and extended upward.
- Hold your leg straight for 2–3 breaths, maintaining a stable and elongated posture.
- **Exhale:** Slowly lower your leg back to the floor.
- Repeat the movement with your left leg.



Common Mistakes and Tips:

- **Rounding or leaning the torso forward:** Keep your back straight and imagine lengthening upward from your pelvis to the crown of your head. This will help you maintain posture and engage the thigh muscles more effectively.
- **Holding your breath:** Maintain steady breathing—inhale as you lift your leg and exhale as you lower it. Your breath should be smooth and deep.
- **Overextending the knee:** Avoid locking the knee in a hyperextended position. Keep it slightly soft and focus on engaging the thigh muscles rather than forcefully straightening the leg.
- **Tilting or shifting the pelvis:** Keep your pelvis stable, avoiding any twisting or tilting. Imagine your sit bones firmly anchored to the chair, with the legs moving independently of the pelvis.

Ex 11. Knee Lifts to Chest (30 seconds):

Seated Eka Pada Pawanamuktasana "One-Leg Wind-Relieving Pose "

This pose gently stretches the lower back, strengthens the abdominal muscles, and relieves tension in the hips and lower back.

- Sit on a chair with your back straight, holding the seat for support.
- **Inhale:** Slowly lift your right knee toward your chest, engaging your lower abdominal muscles to pull it as high as comfortable. Keep your back straight without leaning forward or straining your neck.
- If comfortable, wrap both hands around your right knee and gently pull it closer to your chest. You should feel a light stretch in your lower back and hip.
- Hold the position for 2–3 breaths, keeping your back straight and shoulders relaxed.

- **Exhale:** Lower your leg back to the floor.
- Repeat the movement with your left knee.



Common Mistakes and Tips:

- **Rounding the back:** Keep your spine elongated and your back straight. Use your abdominal muscles to lift the knee rather than leaning forward.
- **Lifting shoulders toward ears:** Keep your shoulders relaxed and down. Focus on moving your legs and torso while keeping your shoulders still.
- **Insufficient stability on the chair:** Keep your hands on the seat of the chair for balance, especially if you feel unsteady while lifting your knee.
- **Excessive tension in the hips:** Lift your knee only to a level where you feel a comfortable stretch. If discomfort occurs, reduce the range of motion.

Relaxation

- Close your eyes and focus on your breathing once again.
- Take slow, calm inhales and exhales.
- Gradually relax your face, shoulders, arms, and legs.
- Slowly open your eyes, maintaining a calm and mindful state.



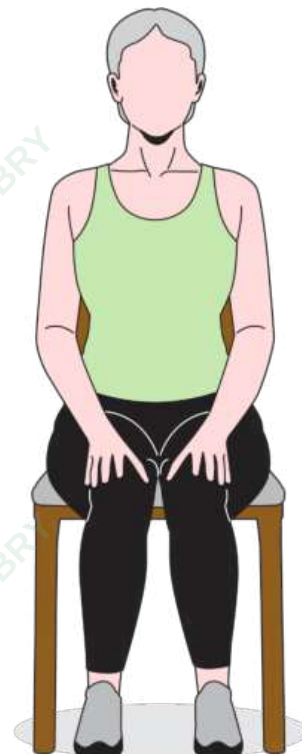
Chapter 8: Week 3.

Complete Exercise Sequence – Week 3 (10 Minutes)

Ex 1. Breathing and Grounding

- Sit comfortably on a chair with your feet flat on the floor, knees bent at a 90-degree angle, and hands resting on your knees.
- Close your eyes and practice Full Yogic Breath.
- Take a few deep inhales and exhales, focusing on relaxing your body with each exhale. Pay attention to your sensations.

Once you feel grounded and relaxed, move on to the exercises. Perform each movement slowly and mindfully, maintaining control. If you feel any discomfort or pain, reduce the range of motion or choose a gentler variation. Try to breathe deeply to help keep your muscles relaxed.



Ex 2. Circular Movements for Wrists and Ankles (30 seconds)

From week 1.

Ex 3. Neck Tilts (1 Minute)

From week 1.

Ex 4. Shoulder Rolls (1 minute)

From week 1.

Ex 5 or Ex 8. Seated Side Stretch : Variation 1 or Variation 2 (1 Minute)

From week 1 or 2.

Ex 7. Shoulder Stretch (1 Minute)

From week 2.

Ex 9. Heel and Toe Lifts (30 seconds)

From week 2.

Ex 10. Leg Lifts and Extensions: (1 Minute)

From week 2.

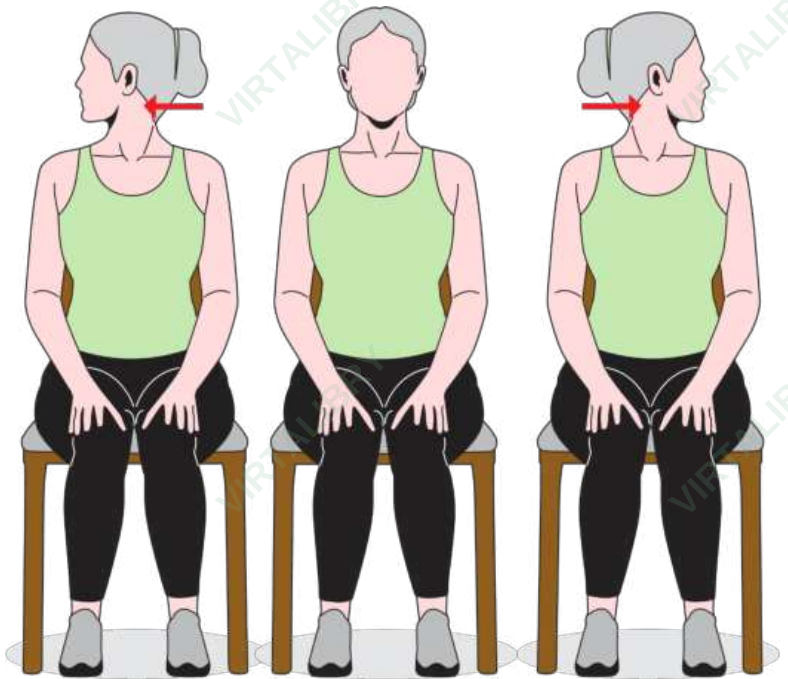
Ex 11. Knee Lifts to Chest (1 Minute)

From week 2.

Ex 12. Head Turns Left and Right (1 minute)

This exercise helps release tension in the neck and improves its flexibility.

- Sit on a chair with a straight back, feet flat on the floor. Relax your arms and rest them on your knees or thighs. Lower your shoulders to ensure they are fully relaxed.
- **Inhale:** Lengthen your neck, reaching the crown of your head upward.
- **Exhale:** Turn your head to the right, keeping your chin parallel to the floor.
- Hold this position for 2–3 breaths, feeling a gentle stretch in your neck.
- **Inhale:** Slowly return your head to the center while maintaining good posture.
- **Exhale:** Repeat the movement by turning your head to the left, holding for 2–3 breaths.
- Move slowly, avoid jerky movements, and control the motion.
- Do not lift your shoulders; ensure they stay relaxed and lowered.
- Maintain steady breathing, using the inhale to lengthen your neck and the exhale to relax your muscles.
- Keep your head level; your chin should remain parallel to the floor to avoid improper stretching.



Common Mistakes and Tips:

- **Over-rotating:** Do not try to turn your head too far; the movement should feel comfortable and painless.
- **Tension in the shoulders:** If your shoulders lift, relax them and focus on lengthening your neck upward.

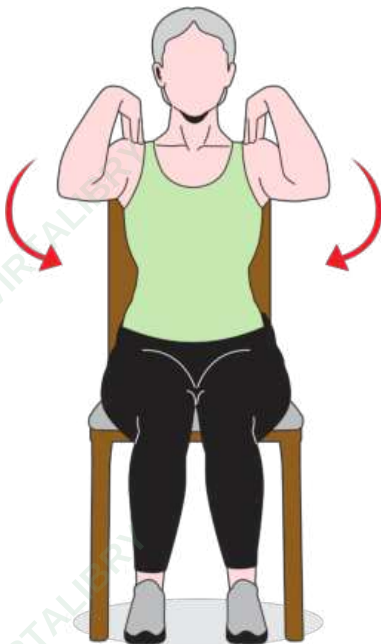
Ex 13. Elbow Rotation (1 minute)

This exercise helps improve shoulder joint mobility, relieve tension in the upper back and neck, and develop coordination.

- Sit on a chair with a straight back and feet flat on the floor.



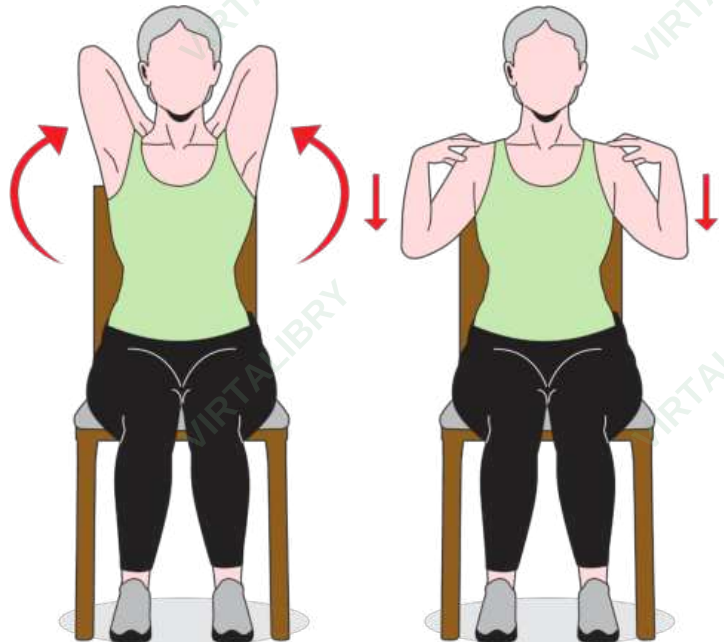
Forward Rotation:



• Repeat 5–6 rotations forward, moving smoothly within a comfortable range of motion.

- Bend your arms at the elbows and place your hands on your shoulders, with elbows pointing outward. Relax your shoulders, keeping them down to avoid tension in the neck.

Backward Rotation:



- **Inhale:** Lift your elbows upward and direct them backward, opening the chest.
- **Exhale:** Lower your elbows, returning them to the sides and completing the circle.
- Repeat 5–6 rotations backward.
- Lower your arms and gently shake them out to release any remaining tension.

Common Mistakes and Tips:

- **Lifting shoulders toward the ears:** Keep your shoulders relaxed, even as your elbows lift.
- **Rounding the back:** Lengthen your spine and maintain an upright posture.
- **Jerky movements:** Move slowly and mindfully.
- **Holding your breath or mismatched breathing:** Ensure smooth, deep breathing, synchronizing inhales and exhales with your movements.

Ex 14. Seated Twist (1 Minute):

Adapted Ardha Matsyendrasana ("Half Spinal Twist")

This twist gently stretches the back muscles and improves spinal mobility.

- Sit with a straight back and feet flat on the floor.
- Place your right hand on your left thigh and your left hand on the backrest of the chair.
- **Inhale:** Lengthen your spine, reaching the crown of your head upward.



- **Exhale:** Gently begin to twist to the left, starting the movement from the lower back and gradually moving up through the chest and shoulders.
- Turn your head last, gazing over your left shoulder with your chin parallel to the floor.
- If the twist feels too easy, you can increase the stretch by pressing your right hand against your left thigh, as if

trying to push your left leg toward your right side.

- Stay in this position for 2–3 breaths. With each inhale, lengthen upward, and with each exhale, deepen the twist slightly if it feels comfortable.
- **Inhale:** Slowly return to the center and repeat the twist on the other side, turning to the right and following the same steps.



Tips for Practice:

- Avoid jerky movements and deep twists, especially if you feel tension or discomfort.
- Stay relaxed and avoid tensing your shoulders or neck.
- Breathe smoothly, synchronizing your breathing with the twist: inhale to lengthen, exhale to twist.

Common Mistakes and Tips

- **Twisting too deeply:** Twist only to a comfortable level where you feel a gentle stretch, not pain. The movement should feel soft and natural.
- **Tension in shoulders and neck:** Keep your shoulders relaxed and lowered. Start the twist from the base of your spine, not the neck, and let your head turn last, staying in a comfortable position.
- **Twisting only the upper body:** Begin the twist from the base of your spine, gradually moving through the chest and shoulders for a more even stretch along the spine.

Relaxation and Meditation

This week, let's talk a little about meditation.

Meditation is a way to organize your thoughts and emotions, calm the mind, and find inner balance. Essentially, it's the practice of mindfully focusing on something simple—your breath, bodily sensations, surrounding sounds, or even the repetition of a mantra. It helps give you a pause from chaotic thoughts and allows you to fully experience the present moment. By focusing on a single sensation, your mind begins to feel calmer.

Why meditate? Above all, it helps reduce stress, relax, and better understand yourself. Meditation can be a real lifesaver if you're feeling anxious, fatigued, or having trouble concentrating. It can improve sleep, bring clarity to your mind, and stabilize your emotions.

Meditation doesn't require complicated techniques or special preparation. It's simply time dedicated to yourself—stepping away from the external chaos and feeling inner harmony. Let's try meditating for a moment.

Body Scan Relaxation Meditation

This meditation helps relax the muscles and reconnect with your body.

- Sit or lie down in a comfortable position.
- Close your eyes and take a few deep breaths in and out.
- Start with the crown of your head.
- Focus on this area and notice if the muscles are relaxed.
- Move to your forehead, then your eyes, cheeks, and jaw. Gradually work your way down through your entire body.
- Pause your attention on each part of the body (for example, shoulders, arms, legs) and feel the tension release with each exhale. Finish at your feet.
- Feel the relaxation throughout your whole body and take a couple more deep breaths before returning to activity.

Chapter 9: Week 4.

"The prefix 'ud' implies expansion or extension. It also conveys the sense of superiority and power. 'Jaya' means victory or success and, in another sense, self-mastery. In Ujjayi, the lungs are fully expanded, and the chest is puffed out like that of a mighty conqueror."

— B.K.S. Iyengar, *Light on Prāṇāyāma: The Yogic Art of Breathing*

Introduction to Ujjayi Pranayama (Victorious Breath)

Ujjayi Pranayama can be practiced alone and is the only pranayama that can be performed alongside asana practice.

The key element of Ujjayi Pranayama is the constriction of the glottis at the base of the throat, the area where the sound of a cough originates. This constriction allows for controlled airflow during inhalation and exhalation. As a result, you will hear a distinctive sound during breathing, resembling the rustling of leaves or a gentle whisper of the wind.

Ujjayi breathing is performed through the chest, with the abdomen engaged. During inhalation, the chest expands outward and upward as much as possible. Focus your attention on the sound produced during this breathing practice.

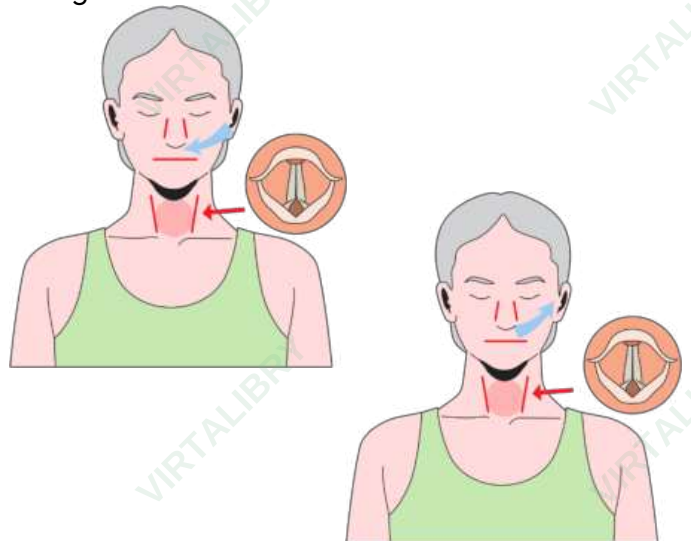
Technique for Ujjayi Pranayama

- Sit comfortably with a straight back, relax your shoulders, and close your eyes if it helps you focus.
- Take a few breaths in and out through your mouth as if trying to fog up a mirror (making a "ha" sound). This will help you feel the slight tension in the back of your throat.
- Now close your mouth and breathe through your nose, maintaining gentle

tension in your throat. This will create a soft hissing sound during both the inhale and exhale.

- Take a slow, deep inhale through your nose, narrowing the glottis. The sound should be quiet, resembling an ocean wave.
- Exhale slowly through your nose, keeping the same sound.

Aim to make your inhale and exhale equal in length.



Focusing on the process and the sound of your breath helps distract from external problems and stray thoughts, making Ujjayi Pranayama a step toward meditation.

Practicing Ujjayi Pranayama during asanas allows you to experience them more deeply, drawing your attention inward. Over time, this helps align your asanas more correctly and balances your breathing.

Complete Exercise Sequence – Week 4 (15 Minutes)

Ex 1. Breathing and Grounding

- Sit comfortably on a chair with your feet flat on the floor, knees bent at a 90-degree angle, and hands resting on your knees.
 - Close your eyes and practice Full Yogic Breath or Ujjayi Pranayama.
 - Take a few deep breaths in and out, focusing on relaxing your body with each exhale. Pay attention to your sensations.
 - Once you feel centered and relaxed, move on to the exercises. Perform each movement slowly and mindfully, maintaining control. If you feel discomfort or pain, reduce the range of motion or choose a gentler variation. Try breathing deeply, using your full chest, to relax your muscles.
-

Ex 2. Circular Movements for Wrists and Ankles (1 Minute)

From week 1.

Ex 3. Neck Tilts (1 Minute)

From week 1.

Ex 4. Shoulder Rolls (1 Minute)

From week 1.

Ex 5 or Ex 8. Seated Side Stretch : Variation 1 or Variation 2 (1 Minute)

From week 1 or 2.

Ex 7. Shoulder Stretch (1 Minute)

From week 2.

Ex 9. Heel and Toe Lifts (1 Minute)

From week 2.

Ex 10. Leg Lifts and Extensions: (1 Minute)

From week 2.

Ex 11. Knee Lifts to Chest (1 Minute)

From week 2.

Ex 12. Head Turns Left and Right (1 Minute)

From week 3.

Ex 13. Elbow Rotations (1 Minute)

From week 3.

Ex 14. Seated Twist (1 Minute)

From week 3.

Ex 15. Marjaryasana-Bitilasana "Cat-Cow Pose" (1 Minute)

This pose focuses on gently stretching and strengthening the spine, improving flexibility, and relieving tension in the back.

- Sit on a chair with your feet flat on the floor and knees bent at a 90-degree angle. Place your hands on your knees or hold onto the seat of the chair. Relax your shoulders and sit with a straight back, lengthening through the crown of your head.

Inhale:

- Lift your chest upward and slightly forward.



- Roll your shoulders back, bringing your shoulder blades together.
- Look slightly upward, keeping your neck



soft and relaxed.

- Arch your back gently, creating a slight curve in your lower spine.

Cat Pose (Marjaryasana):

Exhale:

- Round your back, tucking your chin toward your chest.

- Roll your shoulders forward and draw your belly inward.
- Keep your hips grounded on the chair, allowing your spine to relax fully.



Synchronize the movement with your breath: inhale as you move into Cow Pose, and exhale as you transition into Cat Pose.

Perform the movements slowly and mindfully, repeating several times. If you feel comfortable, you can increase the intensity by lifting your hands and clasping them behind your head.

- Return to a neutral sitting position with a straight spine when finished.

Common Mistakes and Tips

- **Overarching or over-rounding the back:** Avoid excessive strain on your lower back. Move within a comfortable range of motion.
- **Holding your breath:** Remember to breathe smoothly and synchronize your breath with the movement.
- **Tension in the shoulders:** Keep your shoulders relaxed and away from your ears.

Ex 16. Balasana "Child's Pose" (1 Minute)

This pose gently stretches the lower back, relieves tension in the upper and middle back, and stretches the thigh muscles to improve mobility.



- Sit near the edge of the chair with your feet hip-width apart, firmly planted on the floor. Keep your back straight and shoulders relaxed, with your hands resting on your knees.
- **Exhale:** Slowly begin to lean forward, moving from your hips.



- Lower your upper body between your thighs, allowing your head and neck to relax. Your arms can rest on the floor, on your feet, dangle down, or hold onto the chair legs.
- Let your neck and head hang freely. If this feels uncomfortable, rest your forehead on your folded hands or a prop (like a pillow or the seat of another chair in front of you).
- Stay in the pose for 5–10 breath cycles, breathing deeply and slowly.
 - With each inhale, feel your lower back and chest expand.
 - With each exhale, relax your muscles further.
- **Inhale:** Slowly return to an upright position, starting the movement from your lower back.

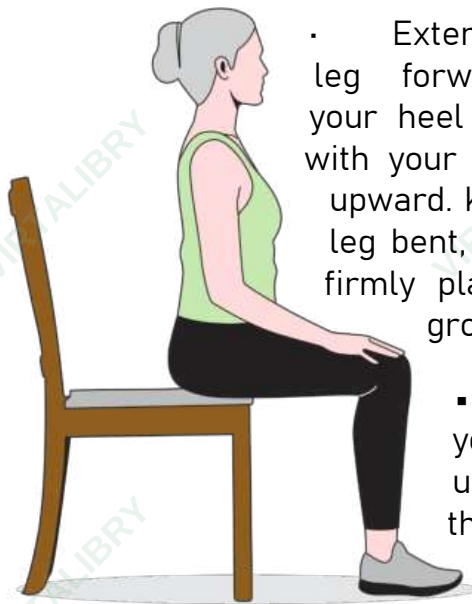
Common Mistakes and Tips

- **Excessive tension in the back or neck:** Avoid rounding your back too much or straining your neck. Move gently and maintain relaxation.
- **Rushed movements:** Lower yourself slowly and carefully to avoid discomfort or overstretching.
- **Lack of support:** If you feel unstable, use a cushion or folded blanket to support your arms or head.

Ex 17. Janu Sirsasana "Head-to-Knee Pose" (1 Minute)

This pose stretches the hamstrings and spine and improves flexibility.

- Sit at the edge of the chair with a straight back, feet flat on the floor.



- Extend your right leg forward, placing your heel on the floor with your toes pointing upward. Keep your left leg bent, with the foot firmly planted on the ground.

- **Inhale:** Raise your arms upward, place them on your thighs, or

hold onto the chair for support while lengthening your spine.

- **Exhale:** Gently hinge forward from your hips, avoiding rounding your back.
- Depending on your flexibility, place your hands on your thigh or shin or reach toward your foot, or hold onto the chair if you need extra stability.
 - Start with a small range of motion and gradually deepen the stretch as your flexibility improves.
 - Listen to your body: reduce the depth of the forward fold if you feel discomfort or pain.

- Stay in the pose for 3–5 breaths, focusing on stretching the back of your extended leg and releasing tension.
- Inhale: Slowly return to an upright position, lengthening upward.
- Repeat on the other leg.



Common Mistakes and Tips

- **Rounding the back:** Move from your hip joints, not your waist. Lengthen your spine by imagining your crown reaching forward, not downward.
- **Excessive forward fold:** Only fold as much as is comfortable. Focus on feeling the stretch rather than achieving depth in the pose.
- **Tension in the neck:** Keep your neck aligned with your spine. Look downward without tucking your chin.
- **Pressure on the knee joint:** Slightly bend the extended knee if you feel tension in the joint. Ensure the stretch is felt in the hamstring, not the knee.
- **Using arm strength to pull forward:** Avoid pulling with your arms. Allow the forward fold to come from your hips and back muscles, keeping your arms soft for support.

Ex 18. Seated Hip Abduction (1 Minute)

This exercise strengthens the thigh muscles, improves hip joint mobility, and enhances balance.

- Sit at the edge of the chair with a straight back. Place your feet hip-width apart on the floor, knees bent at a 90-degree angle. Rest your hands on your thighs or hold the sides of the chair for stability.
- **Inhale:** Lift your right leg slightly off the floor and gently move it out to the side.
- Hold the leg in this position for 3–5 seconds.

- **Exhale:** Slowly return the leg to the starting position.
- Repeat the movement with your left leg.
- Perform several repetitions on each side, moving smoothly and slowly, avoiding jerky motions.

Simplified Version:

If lifting the leg off the floor is challenging, slide your foot along the floor, moving it outward to the side and back.



Common Mistakes and Tips

- **Tilting the torso to the side:** Keep your torso upright, ensuring both hips remain evenly supported by the chair.
- **Excessive range of motion:** Perform the movement within a comfortable range that feels natural and controlled.
- **Tension in the shoulders:** Keep your shoulders relaxed and lowered, maintaining steady and even breathing.

Relaxation and Breath Meditation

- Sit on a chair with a straight back, feet firmly planted on the floor. Rest your hands on your knees or thighs, palms facing up or down.
- Close your eyes or keep your gaze softly focused on a single point in front of you. Relax your shoulders, face, and neck. Release muscle tension, feeling your body grow heavier and more grounded.
- Inhale deeply through your nose, filling your chest and belly with air. Hold your breath for a second, then slowly exhale through your mouth. Repeat 2–3 times to prepare your body and mind for the practice.
- Focus on the sensation of air entering and leaving your nose. Notice how the air gently touches the tips of your nostrils during the inhale and exhale. Pay attention to the rhythm of your breath: your inhales may be shorter or longer than your exhales, and that's perfectly fine.



Choose a Focal Point:

- Notice how your belly rises and falls with each breath.
- Feel your chest gently expand and contract.
- Observe the coolness of the air as you inhale and its warmth as you exhale.
- If your thoughts wander (a natural occurrence), gently redirect your attention back to your breath.
- Optional: Add a breath count. On the inhale, count "1," and on the exhale, count "2." Count up to 10, then start over. This helps anchor your focus on the breath and calms mental chatter.

Closing the Meditation:

- Gradually bring awareness back to your body. Take a deep breath in and then exhale slowly.
- Gently open your eyes and stretch to ease yourself back into activity.

Chapter 10: Week 5.

You can continue with the previous week's sequence for as many weeks as you feel necessary. Move on to Week 5 exercises when you're ready to increase time and intensity.

Complete Exercise Sequence – Week 5 (18 Minutes)

Ex 1. Breathing and Grounding

- Sit comfortably on a chair with your feet flat on the floor, knees bent at a 90-degree angle, and hands resting on your knees.
 - Close your eyes and practice Full Yogic Breath or Ujjayi Pranayama.
 - Take several deep breaths in and out, focusing on relaxing your body with each exhale. Pay attention to your sensations.
 - Once you are centered and relaxed, proceed to the exercises. Perform each movement slowly and mindfully, maintaining control. If you feel discomfort or pain, reduce the range of motion or choose a gentler variation. Aim to breathe deeply, using your full chest, to relax your muscles.
-

Ex 2. Circular Movements for Wrists and Ankles (1 Minute)

From week 1.

Ex 3. Neck Tilts (1 Minute)

From week 1.

Ex 4. Shoulder Rolls (1 Minute)

From week 1.

Ex 5 or Ex 8. Seated Side Stretch : Variation 1 or Variation 2 (1 Minute)

From week 1 or 2.

Ex 6. Arm Stretch (30 seconds)

From week 2.

Ex 7. Shoulder Stretch (1 Minute)

From week 2.

Ex 9. Heel and Toe Lifts (1 Minute)

From week 2.

Ex 10. Leg Lifts and Extensions: (1 Minute)

From week 2.

Ex 11. Knee Lifts to Chest (1 Minute)

From week 2.

Ex 12. Head Turns Left and Right (1 Minute)

From week 3.

Ex 13. Elbow Rotations (1 Minute)

From week 3.

Ex 14. Seated Twist (1 Minute)

From week 3.

Ex 15. Marjaryasana-Bitilasana "Cat-Cow Pose" (1 Minute)

From week 4.

Ex 16. Balasana "Child's Pose" (30 Seconds)

From week 4.

Ex 17. Janu Sirsasana "Head-to-Knee Pose" (1 Minute)

From week 4.

Ex 18. Seated Hip Abduction (1 Minute)

From week 4.

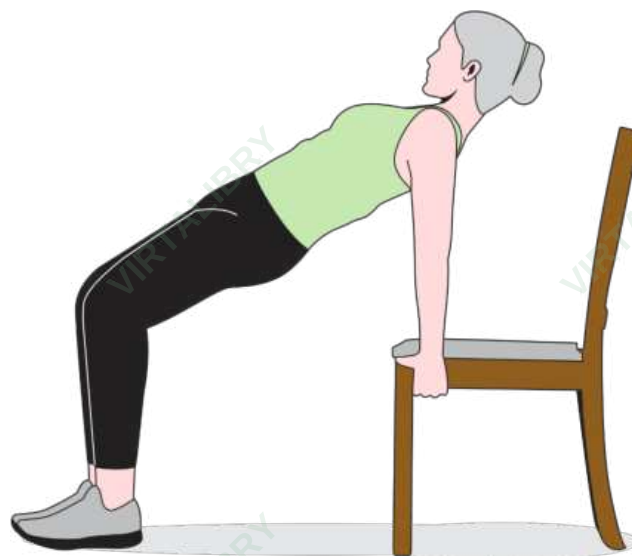
Ex 19. Setu Bandhasana "Bridge Pose" (1 Minute)

A gentle adaptation of the classic bridge pose performed on a chair, this exercise strengthens the glutes, lower back, and core muscles while improving blood circulation in the pelvic and spinal areas.

- Sit at the edge of the chair with your feet flat on the floor, hip-width apart. Place your hands on the sides of the chair seat behind you for stability. Keep your back straight and shoulders relaxed.
- **Inhale:** Engage your glutes and slowly lift your hips upward, lifting them off the chair. The weight should shift to your feet and hands. Your body should form a line from your shoulders to your knees. If comfortable, hold this position for 4–5 breaths.
- **Exhale:** Slowly lower your hips back onto the chair.
- Relax briefly before repeating the movement.
- Perform several repetitions.

Simplified Version:

If lifting your hips entirely is challenging, begin by lifting your glutes slightly off the chair. Hold the position for 1–2 seconds, gradually increasing the duration as you build strength.



Common Mistakes and Tips

- **Knee alignment:** Keep your knees stable and aligned with your hips throughout the movement.
- **Jerky or abrupt movements:** Move slowly and smoothly without rushing.
- **Rounded back:** Maintain a lengthened spine to avoid collapsing your posture.
- **Overarching the lower back:** Lift your hips only to a comfortable height. If you feel discomfort, reduce the range of motion.

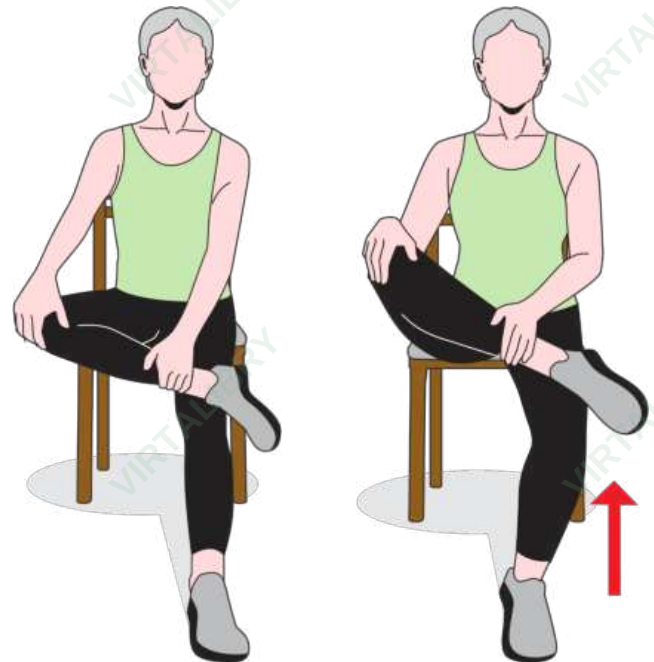
Ex 20. Baddha Konasana – "Butterfly Pose" (1 Minute)

Strengthens and opens the hip joints and stretches the glutes and front thigh muscles.

Do not attempt this pose if you have knee or hip joint injuries!

- Sit at the edge of the chair with your back straight. Relax your shoulders and lengthen through the crown of your head. Extend your left leg forward, keeping the foot flat on the floor.
- Lift your right leg and place your right ankle on your left leg (aiming for the thigh). Adjust the placement where it feels comfortable, gradually moving it higher toward the knee with your hand if possible. Listen to your body—if you experience pain or significant discomfort, reduce the range of motion or stop.
- Keep your right knee bent and pointing outward. Feel a gentle opening in the right hip.
- Slowly bend your left leg, sliding the foot along the floor until your left knee forms roughly a 90-degree angle. Work gradually, prioritizing comfortable movements rather than deep stretches.

- If comfortable, gently hinge forward from your hips, keeping your back straight. Rest your hands on your right leg or hold onto the chair seat for stability.
- Hold the pose for 3–5 breaths. With each exhale, try to relax and deepen the stretch gently.
- Carefully lift yourself out of the forward



bend (if performed), straighten your left leg, and place your right foot back on the floor. Repeat on the other side.

Common Mistakes and Tips

- **Rounded back:** Keep your spine lengthened, reaching forward and upward through the crown of your head. Bend forward from the hips, maintaining good posture.
- **Excessive pressure on the upper leg:** Work gently, only lifting the leg to a comfortable height.
- **Knee pain in the top leg:** If the hip is not fully open, place the right ankle lower than the knee. Lower the leg to a position that feels safe.
- **Overextension in the lower back:** Maintain a neutral pelvis. Focus on moving from the hips rather than achieving a deep forward bend.

Ex 21. Seated Utthita Trikonasana – " Seated Extended Triangle Pose " (1 Minute)

Stretches the side body and improves mobility in the chest and shoulders.

- Sit on a chair with a straight back, feet flat on the floor.
- Move closer to the edge of the chair and shift your weight onto your right hip. The left hip slightly lifts but remains supported.
- Extend your left leg out to the side, placing the heel on the floor with the toes pointing upward.
- Keep your right leg bent with the foot firmly on the ground.
- Raise your right arm if you feel stable or hold onto the edge of the chair for support.



- On an **inhale**: Place your left hand on your left leg while lengthening your spine upward.
- On an **exhale**: Gently lean to the left toward your extended leg, elongating the

left side of your torso.

- The left hand can reach toward the shin, ankle, or foot, depending on your flexibility.
- The right hand may stay on the seat for support or lift upward, with your head turned to the right and gaze directed upward.
- Keep your shoulders in the same plane; avoid twisting your torso forward or backward.
- Hold the pose for 3–5 breaths.
- Inhale to create length, and exhale to relax into the stretch.
- On an inhale, return to an upright position.
- Shift your weight back onto both hips.
- Move to your left hip, extend your right leg to the side, and repeat the pose.

Common Mistakes and Tips

- **Rounding the back:** Maintain an elongated spine, bending from the hip joints instead of the waist.
- **Excessive weight shift:** Keep the other hip supported on the chair for stability.
- **Jerky movements:** Move slowly and smoothly, coordinating with your breath.

Relaxation and Visualization Meditation

Visualization meditation helps harness the power of imagination to create a calming, inspiring, or relaxing image. This could be a place, a feeling, or a desired goal. The practice promotes relaxation and enhances creative thinking and inner focus.

- Sit with a straight back or lie down if that feels more comfortable.
- Close your eyes and take a few deep breaths to relax.
- Imagine a place that brings you peace and happiness. It could be a beach, a forest, mountains, a cozy room, or any other location.
- If you want to visualize a goal, think about something you wish to achieve and imagine it as if it has already happened.
- Begin to visualize the chosen place or image in detail:
 - What colors do you see?
 - What sounds do you hear? (e.g., waves crashing, birds chirping, the whisper of the wind).
 - What scents surround you? (e.g., the aroma of flowers, the salty sea air, the smell of fresh grass).
 - What sensations do you feel on your skin? (e.g., warm sunlight, a cool breeze).
- Picture yourself fully present in this place. Walk through it, feel its safety and serenity.
- If visualizing a goal, focus on the emotions you experience upon achieving it: joy, pride, and confidence.
- Stay in this visualization for 5–10 minutes (or longer if comfortable), savoring every moment. Let these positive feelings fill your entire body.
- Slowly begin to return to the present moment, becoming aware of your body and your breath.
- Take a few deep breaths, then gently open your eyes.



Chapter 11: Week 6.

Complete Exercise Sequence – Week 6 (20 Minutes)

Ex 1. Breathing and Grounding

- Sit comfortably on a chair with your feet flat on the floor, knees bent at a 90-degree angle, and hands resting on your knees.
- Close your eyes and practice Full Yogic Breath or Ujjayi Pranayama.
- Take several deep breaths in and out, focusing on relaxing your body with each exhale. Pay attention to your sensations.

Once you are centered and relaxed, proceed to the exercises. Perform each movement slowly and mindfully, maintaining control. If you feel discomfort or pain, reduce the range of motion or choose a gentler variation. Aim to breathe deeply, using your full chest, to relax your muscles.

Ex 2. Circular Movements for Wrists and Ankles (1 Minute)

From week 1.

Ex 3. Neck Tilts (1 Minute)

From week 1.

Ex 4. Shoulder Rolls (1 Minute)

From week 1.

Ex 5 or Ex 8. Seated Side Stretch : Variation 1 or Variation 2 (1 Minute)

From week 1 or 2.

Ex 6. Arm Stretch (30 seconds)

From week 2.

Ex 7. Shoulder Stretch (1 Minute)

From week 2.

Ex 9. Heel and Toe Lifts (1 Minute)

From week 2.

Ex 10. Leg Lifts and Extensions: (1 Minute)

From week 2.

Ex 11. Knee Lifts to Chest (1 Minute)

From week 2.

Ex 12. Head Turns to the Left and Right (1 Minute)

From week 3.

Ex 13. Elbow Rotations (1 Minute)

From week 3.

Ex 14. Seated Twist (1 Minute)

From week 3.

Ex 15. Marjaryasana-Bitilasana "Cat-Cow Pose" (1 Minute)

From week 4.

Ex 16. Balasana "Child's Pose" (30 Seconds)

From week 4.

Ex 17. Janu Sirsasana "Head-to-Knee Pose" (1 Minute)

From week 4.

Ex 18. Seated Hip Abduction (1 Minute)

From week 4.

Ex 19. Setu Bandhasana "Bridge Pose" (1 Minute)

From week 5.

Ex 20. Baddha Konasana – "Butterfly Pose" (1 Minute)

From week 5.

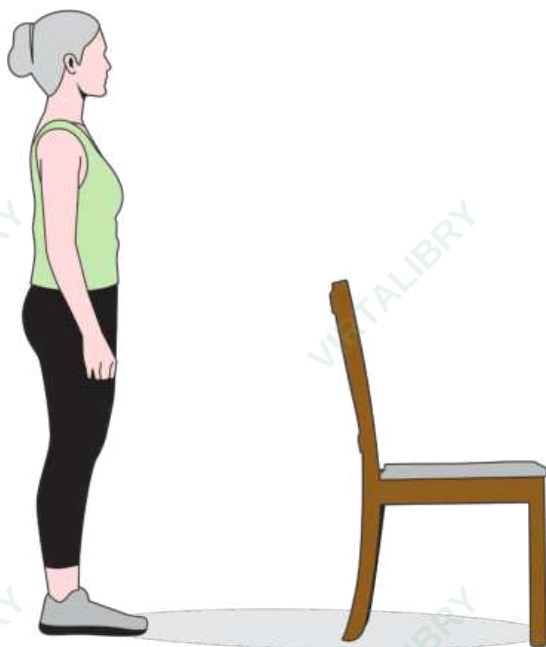
Ex 21. Seated Utthita Trikonasana – " Seated Extended Triangle Pose " (1 Minute)

From week 5.

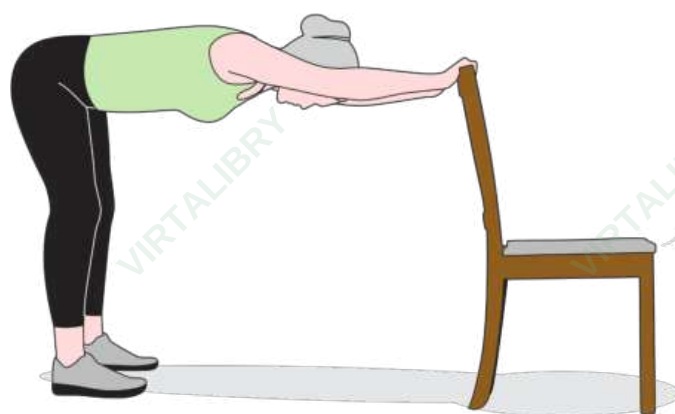
Ex 22. Adho Mukha Svanasana "Downward-Facing Dog Pose" (1 minute)

Stretches the spine, strengthens arms and legs, and relaxes the back.

- Stand behind a chair and place your hands on the backrest at arm's length from the chair. Position your feet hip-width apart, keeping them parallel to each other.



- **Inhale:** Lengthen your spine by gently moving your hips back.



- **Exhale:** Lean forward, lowering your upper body until your back is parallel to the floor.
- Keep your arms extended, palms resting on the backrest of the chair.

Deepening the pose:

- Shift your hips further back, focusing on elongating your spine.
- Your head should rest between your arms or slightly above them, keeping your neck relaxed.

- If this feels too easy, you can lower your hands to the seat of the chair instead of the backrest.
- Hold the pose for 3–5 breaths, gradually increasing to 10–12 breaths over time.

To exit the pose:

- Inhale: Slowly lift your upper body and return to a standing position.
- Take a few deep breaths to restore your breathing rhythm.

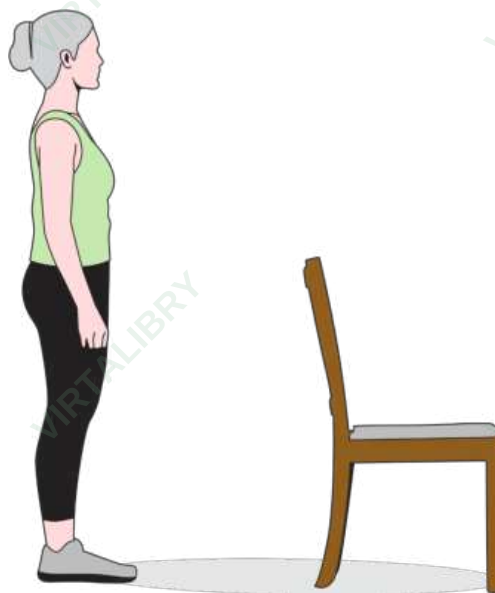
Common Mistakes and Tips

- **Rounding the back:** Focus on lengthening your spine by moving your hips back and relaxing your shoulders.
- **Neck tension:** Avoid dropping your head too low or lifting it too high. Keep your neck aligned with your spine and direct your gaze downward.
- **Shifting too much weight onto your hands:** Distribute weight evenly between your hands and feet to allow proper spinal extension.
- **Improper foot positioning:** Place your feet hip-width apart for better stability and support.

Ex 23. Leg Extension with Calf Stretch (1 minute)

Helps stretch the calf muscles and Achilles tendons, improving flexibility and circulation in the legs.

- Stand behind a chair, placing your hands on the backrest for support. Keep your feet hip-width apart and your back straight.
- **Inhale:** Step your right foot back, leaving your left leg bent at the knee. Keep your right heel on the floor, with your toes pointing forward. Ensure both feet are flat and your back heel is not turned outward.
- **Exhale:** Gently bend your front (left) leg, leaning your torso forward slightly. Feel the stretch in the calf of your back (right) leg.



- Hold this position for 3–5 breaths, maintaining steady and deep breathing.
- Return to the starting position, then repeat on the other leg.



- Slightly bend both knees if there's discomfort in the back leg.
- Shorten the step back if your muscles are not yet fully flexible.

Advanced version:

- Add a forward lean. Slightly lean forward, pressing your hands on the chair's backrest to deepen the stretch.
- Heel lifts. After stretching, keep your back leg straight and alternate lifting and lowering your back heel.

Common Mistakes and Tips

- **Rounding the back:** Keep your chest open and spine elongated.
- **Twisting the back foot:** Ensure the heel of your back foot stays grounded, with toes pointing forward.
- **Excessive strain on the front leg:** Ensure your front knee is positioned directly above your ankle.
- **Over-relying on the chair:** Use the chair only for balance, distributing your weight evenly.

Relaxation and Loving-Kindness Meditation

Loving-Kindness Meditation, or Metta, is a practice that cultivates love, compassion, and goodwill toward yourself and others. It helps strengthen positive emotions, reduce stress, and improve relationships with those around you.

▪ Find a comfortable position:

- Sit or lie down in a relaxed posture.
- Close your eyes or softly focus on a single point.
- Relax your body and take a few deep breaths in and out.

▪ Start with yourself:

- Imagine yourself surrounded by a warm light or gentle warmth, symbolizing love and kindness.
- Silently repeat these phrases:
 - “May I be happy.”
 - “May I be healthy.”
 - “May I be safe.”
 - “May I live with ease.”
- Repeat these words slowly, feeling their meaning sincerely.

- **Extend kindness to a loved one:**

- Think of someone you love (a friend, family member, or partner).
- Picture them surrounded by the same warm light or gentle warmth.
- Silently repeat:
 - “May you be happy.”
 - “May you be healthy.”
 - “May you be safe.”
 - “May you live with ease.”

- **Expand to a neutral person:**

- Include someone you know but feel neutral toward (e.g., a coworker or neighbor).
- Repeat the same phrases for them.

- **Direct kindness toward a difficult person:**

- Imagine someone you have challenges with and try to wish them well.
- Silently repeat:
 - “May you be happy.”
 - “May you be healthy.”
 - “May you be safe.”
 - “May you live with ease.”

- **Expand kindness to the entire world:**

- Visualize the warm light spreading to all people and beings on Earth.
- Repeat:
 - “May all beings be happy.”
 - “May all beings be healthy.”
 - “May all beings be safe.”
 - “May all beings live with ease.”

- **Return to your breath:**

- Focus on your natural breathing.
- Feel the calmness and goodwill within you.
- Thank yourself for this practice.



Tips

- **Start small:** Begin with 2-3 minutes of Loving-Kindness Meditation daily.
- **Sincerity matters more than repetition:** Feel the goodwill deeply, even if you don't complete all the phrases.
- **Be patient:** Take your time with challenging emotions, especially when directing kindness toward difficult people.

Chapter 12: Week 7.

Complete Exercise Sequence – Week 7 (25 Minutes)

Ex 1. Breathing and Grounding

- Sit comfortably on a chair with your feet flat on the floor, knees bent at a 90-degree angle, and hands resting on your knees.
- Close your eyes and practice Full Yogic Breath or Ujjayi Pranayama.
- Take several deep breaths in and out, focusing on relaxing your body with each exhale. Pay attention to your sensations.

Once you are centered and relaxed, proceed to the exercises. Perform each movement slowly and mindfully, maintaining control. If you feel discomfort or pain, reduce the range of motion or choose a gentler variation. Aim to breathe deeply, using your full chest, to keep your muscles relaxed.

Ex 2. Circular Movements for Wrists and Ankles (1 Minute)

From week 1.

Ex 3. Neck Tilts (1 Minute)

From week 1.

Ex 4. Shoulder Rolls (1 Minute)

From week 1.

Ex 5 or Ex 8. Seated Side Stretch : Variation 1 or Variation 2 (1 Minute)

From week 1 or 2.

Ex 6. Arm Stretch (1 Minute)

From week 2.

Ex 7. Shoulder Stretch (1 Minute)

From week 2.

Ex 9. Heel and Toe Lifts (1 Minute)

From week 2.

Ex 10. Leg Lifts and Extensions: (1 Minute)

From week 2.

Ex 11. Knee Lifts to Chest (1 Minute)

From week 2.

Ex 12. Head Turns to the Left and Right (1 Minute)

From week 3.

Ex 13. Elbow Rotations (1 Minute)

From week 3.

Ex 14. Seated Twist (1 Minute)

From week 3.

Ex 15. Marjaryasana-Bitilasana "Cat-Cow Pose" (1 Minute)

From week 4.

Ex 16. Balasana "Child's Pose" (1 Minute)

From week 4.

Ex 17. Janu Sirsasana "Head-to-Knee Pose" (1 Minute)

From week 4.

Ex 18. Seated Hip Abduction (1 Minute)

From week 4.

Ex 19. Setu Bandhasana "Bridge Pose" (1 Minute)

From week 5.

Ex 20. Baddha Konasana – "Butterfly Pose" (1 Minute)

From week 5.

Ex 21. Seated Utthita Trikonasana – " Seated Extended Triangle Pose " (1 Minute)

From week 5.

Ex 22. Adho Mukha Svanasana "Downward-Facing Dog Pose" (1 minute)

From week 6.

Ex 23. Leg Extension with Calf Stretch (1 minute)

From week 6.

Ex 24. Prasarita Padottanasana – Wide-Legged Forward Bend (1 minute)

Stretches the inner thighs, back, and hamstrings while improving circulation and releasing tension in the lower back.

- Sit at the edge of the chair with a straight spine.



- Spread your legs as wide as comfortable, keeping your feet firmly planted on the floor with toes slightly angled outward.
- Place your hands on your thighs or knees or hold the sides of the chair for support. Relax your shoulders.



- Keep your spine straight, reaching the crown of your head upward.

- **Inhale:** Lengthen through your spine, lifting your chest upward.
- **Exhale:** Slowly hinge forward from the hips, keeping your back straight. Start with a small forward bend and avoid pushing for a deep stretch immediately.
- If you feel tension in your hips, narrow the distance between your legs slightly.
- You can keep your hands on your knees or place them on the floor if your flexibility allows.
- If comfortable, let your head relax and drop downward.
- You may extend your arms forward on the floor or keep them on your shins or chair seat for support.
- Stay in the pose for 3–5 breaths, gradually increasing the duration to 10 breaths.
- **Inhale:** Slowly return to an upright position, lifting your torso back to vertical.
- Bring your legs back to hip-width distance and relax.

Common Mistakes and Tips

- **Rounding the spine:** Always hinge from the hips and keep the spine elongated.
- **Improper knee alignment:** Ensure your knees align with the direction of your toes.
- **Jerky movements:** Move slowly and mindfully, syncing your movements with your breath.
- **Holding your breath:** Maintain steady, intentional breathing to deepen the pose.

Ex 25. Anjaneyasana – Crescent Pose (2 minutes)

A gentle pose that enhances flexibility, stretches the hips, and opens the chest.

- Sit sideways on the chair, with your right thigh at the edge of the seat.
- Bend your right leg at a 90-degree angle, with the foot flat on the floor and the thigh and shin forming a right angle.
- Extend your left leg backward, keeping the knee straight and the heel lifted, with the toes resting on the floor.
- **Inhale:** Raise your arms overhead, with your palms parallel or joined together. If you feel unsteady, raise one arm while holding the chair's backrest with the other hand.



- Open your chest and draw your shoulders down and back.
- Slightly arch backward, lifting your chest and elongating your spine.
- Feel the stretch along the front of your left thigh and the opening of your chest.
- Hold the pose for 3–5 breaths, deepening the stretch with each **exhale**.
- **Exhale:** Gently straighten up, lower your arms, and bring your right leg forward.
- Turn to the other side of the chair and repeat the pose for the opposite leg.

Common Mistakes and Tips

- **Overarching the lower back:** Focus on lifting upward rather than leaning backward to avoid strain on the lower back.
- **Tension in the shoulders:** Keep the shoulders relaxed, drawing them down and back. Keep your arms active but not tense.
- **Loss of balance:** Ensure the front foot is firmly planted on the ground. If needed, use one hand on the chair for stability.
- **Rounding the back:** Extend upward from the pelvis, imagining the crown of your head reaching toward the ceiling. Avoid dropping your head too far back; keep your neck long.
- **Shifting weight onto the front leg:** Distribute your weight evenly between the back leg and the front foot. Ensure the front knee stays aligned above the ankle.
- **Step too long or too short:** A step that's too short limits the stretch, while one that's too long makes it harder to balance. Adjust the distance of your back leg to allow for a comfortable stretch while maintaining stability.

Ex 26. “Slow Bicycle” (1 minute)

A core-strengthening exercise that works the abdominal muscles, legs, and hips while enhancing coordination.

- Sit at the edge of the chair with a straight back, feet flat on the floor.
- Hold the edges of the chair for stability.
- Lift both feet off the floor, keeping your knees bent.



- Begin to "pedal" slowly, making circular motions with your legs as if riding a bicycle. Lift one leg as the other lowers, following a smooth circular motion.
- Maintain a steady and controlled pace, avoiding jerky movements.
- Perform the exercise for 10–15 seconds, rest briefly, and repeat 2–3 times.
- Lower your legs back to the floor and gently shake them out to relax.

Easier variation:

- Extend your legs and lift them alternately up and down. Gradually bend and straighten your knees until you can fully "pedal."



Common Mistakes and Tips

- **Rounding the back:** Keep your spine long and straight. Focus on engaging your abdominal muscles to stabilize your torso.
- **Moving too quickly:** Perform the movements slowly and mindfully to prevent strain.
- **Losing balance:** If holding both legs up is difficult, reduce the range of motion or perform the exercise with one leg at a time.

Relaxation and Mindfulness Meditation

Mindfulness meditation focuses on cultivating the ability to be fully present in the moment without judgment or attachment to thoughts, emotions, or sensations. This foundational practice helps improve concentration, reduce stress, and strengthen your connection to reality.

- Sit in a comfortable position with a straight back (on a chair, cushion, or floor) or lie down if that's more comfortable.
- Close your eyes or focus softly on a point in front of you.

- Take a few deep breaths in and out to relax your body.
- Bring attention to your body's posture. Notice how your feet touch the ground, your hands rest on your knees, and your body feels in contact with the surface.
- Shift your focus to your breathing.
- Feel the air entering through your nose, filling your lungs, and exiting through your mouth.
- Notice the movement of your body as you breathe: the rise and fall of your belly, the expansion of your chest.
- Allow thoughts, emotions, and sensations to come and go, like clouds passing in the sky.
- If your mind begins to wander (which is natural), gently bring your attention back to your breath.
- Broaden your focus. Notice the sounds around you, the air temperature, or any smells. Observe everything happening right now without judgment.
- After 2–3 minutes (or longer if comfortable), slowly open your eyes.
- Take a couple of deep breaths and return to your activities with a sense of mindfulness.



Practice Tips:

- **Gradually increase the time you meditate and incorporate mindfulness into your daily activities (eating, cleaning). Perform these activities with full attention to the process.**
- **During walks, focus on the movement of your legs and the sensation of your feet touching the ground.**
- **With regular practice, the effects of mindfulness grow, making the mind clearer and calmer.**

Chapter 13: Week 8.

Complete Exercise Sequence – Week 8 (30 Minutes)

Ex 1. Breathing and Grounding

- Sit comfortably on a chair with your feet flat on the floor, knees bent at a 90-degree angle, and hands resting on your knees.
- Close your eyes and practice Full Yogic Breath or Ujjayi Pranayama.
- Take several deep breaths in and out, focusing on relaxing your body with each exhale. Pay attention to your sensations.

Once you are centered and relaxed, proceed to the exercises. Perform each movement slowly and mindfully, maintaining control. If you feel discomfort or pain, reduce the range of motion or choose a gentler variation. Aim to breathe deeply, using your full chest, to keep your muscles relaxed.

Ex 2. Circular Movements for Wrists and Ankles (1 Minute)

From week 1.

Ex 3. Neck Tilts (1 Minute)

From week 1.

Ex 4. Shoulder Rolls (1 Minute)

From week 1.

Ex 5 or Ex 8. Seated Side Stretch : Variation 1 or Variation 2 (1 Minute)

From week 1 or 2.

Ex 6. Arm Stretch (1 Minute)

From week 2.

Ex 7. Shoulder Stretch (1 Minute)

From week 2.

Ex 9. Heel and Toe Lifts (1 Minute)

From week 2.

Ex 10. Leg Lifts and Extensions: (1 Minute)

You can intensify by lifting both legs simultaneously.

From week 2.

Ex 11. Knee Lifts to Chest (1 Minute)

From week 2.

Ex 12. Head Turns to the Left and Right (1 Minute)

From week 3.

Ex 13. Elbow Rotations (1 Minute)

From week 3.

Ex 14. Seated Twist (1 Minute)

From week 3.

Ex 15. Marjaryasana-Bitilasana "Cat-Cow Pose" (1 Minute)

From week 4.

Ex 16. Balasana "Child's Pose" (1 Minute)

From week 4.

Ex 17. Janu Sirsasana "Head-to-Knee Pose" (1 Minute)

From week 4.

Ex 18. Seated Hip Abduction (2 Minutes)

From week 4.

Ex 19. Setu Bandhasana "Bridge Pose" (1 Minute)

From week 5.

Ex 20. Baddha Konasana – "Butterfly Pose" (2 Minutes)

From week 5.

Ex 21. Seated Utthita Trikonasana – " Seated Extended Triangle Pose " (1 Minute)

From week 5.

Ex 22. Adho Mukha Svanasana "Downward-Facing Dog Pose" (1 minute)

From week 6.

Ex 23. Leg Extension with Calf Stretch (1 minute)

From week 6.

Ex 24. Prasarita Padottanasana – "Wide-Legged Forward Bend" (1 minute)

From week 7.

Ex 25. Anjaneyasana – "Crescent Pose" (1 minute)

From week 7.

Ex 26. "Slow Bicycle" (1 minute)

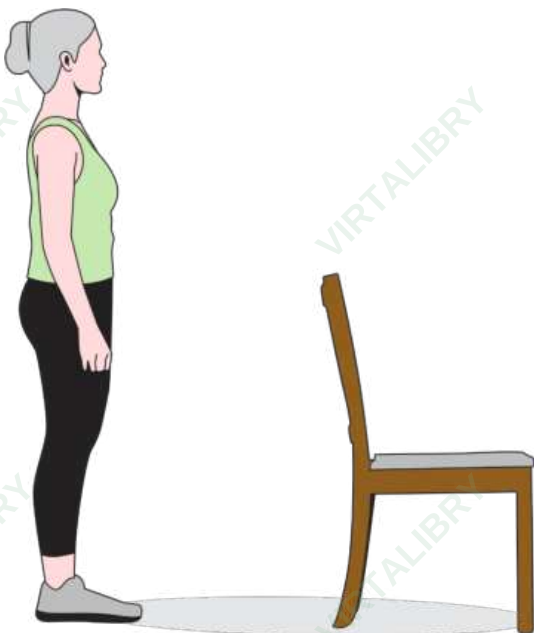
From week 7.

Ex 27. Natarajasana "Dancer Pose" (1 minute)

Helps develop balance, strengthens the leg muscles, and improves hip flexibility.

- Stand behind a chair, holding onto the backrest for balance.
- Place your feet hip-width apart, keeping your spine straight.

- On an exhale, bend your right leg at the knee, lifting your foot upward and back.
- Hold your right ankle or foot with your right hand while keeping your left hand on the chair for support.



- Gently pull your foot closer to your glutes, feeling the stretch along the front of your thigh.
- If comfortable, slightly lean your torso forward while maintaining support with your hand on the chair.
- Start with small movements: avoid



lifting your leg too high and focus on maintaining balance.

- Hold the pose for 3–5 breaths.
- Slowly lower your leg and return to the starting position.
- Repeat on the other side.

Common Mistakes and Tips

- **Rounded back:** Keep your spine elongated, lifting through the crown of your head. Reduce the leg stretch if needed.
- **Excessive pulling on the foot:** Pulling the foot too close to the glutes can cause discomfort in the knee. Work within a comfortable range of motion.
- **Tilting pelvis sideways:** Ensure your hips remain level and your body weight is evenly distributed on the standing leg.
- **Unstable stance:** If you feel unsteady, firmly hold onto the chair with one hand, only attempting to release support when confident.
- **Misaligned standing foot:** Ensure the standing foot stays grounded with even weight distribution. Avoid rolling inward or outward.
- **Incorrect head position:** Keep your head aligned with your spine, gazing forward or slightly downward.

Ex 28. Malasana "Garland Pose" (1 minute)

Helps open the hip joints, stretch the inner thigh muscles, and improve spinal mobility.

- Sit at the edge of a chair with a straight back.



- Spread your legs wide enough for a comfortable angle between your thighs. Keep your feet firmly planted on the floor with your toes slightly turned outward.
- Bring your palms together in a prayer gesture (Anjali Mudra) in front of your chest.
- Lean slightly forward and press your elbows gently into the inner sides of your knees, creating a mild pressure to open the hips.
- Ensure your weight is evenly distributed, maintaining stability.

- On each **inhale**, lengthen your spine; relax your pelvic muscles on each **exhale**.
- Hold the pose for 3–5 breaths, deepening the relaxation and hip opening with each exhale.
- Keep your gaze downward to maintain a straight line from the back of your head through your spine. If comfortable, look upward to add a gentle stretch to your neck.
- On an inhale, slowly return your torso to an upright position.
- Bring your legs back to hip-width and relax.



Simplified Variations:

- **Support with hands on the seat:** Place both hands on the seat of the chair. Spread your legs wide and lean forward gently from the hip joints without releasing the chair.
- **One-handed support with gentle pressure:** Hold the seat with your left hand. Spread your legs and gently press your right hand against your right knee to enhance hip opening. Repeat on the other side.

Common Mistakes and Tips

- **Rounded back:** Lean forward from the hip joints, keeping your spine straight.
- **Collapsed feet:** Ensure your entire foot stays firmly grounded on the floor.
- **Excessive elbow pressure:** Apply gentle pressure with your elbows, avoiding any discomfort.
- **Misaligned pelvis:** Avoid tilting the pelvis backward. Keep it stable and distribute your weight evenly.

Ex 29. Foot Massage with a Tennis Ball (2 minutes)

Helps relax foot muscles, improve blood circulation, and relieve tension.

- Sit on a chair with a straight back, feet flat on the floor, and knees bent at a 90-degree angle.
- Wear soft socks for added comfort.
- Place a tennis ball under one foot, keeping the other foot firmly on the floor for support.



- Gently rest your foot on the ball.
- Roll the ball forward and backward, massaging from your heel to the ball of your foot.
- Start with light pressure, gradually increasing it, but avoid discomfort.
- Focus on the arch of your foot, making small circular movements.
- Move the ball under your heel and apply gentle pressure, creating circular motions with your heel on the ball.
- Shift the ball under the ball of your foot and repeat the circular movements.
- Try to "grab" the ball with your toes, holding it for a few seconds before releasing.
- Repeat the massage with the other foot.

Common Mistakes and Tips

- **Excessive pressure:** Gradually increase pressure based on your comfort level.
- **Focusing only on the heel or toes:** Work evenly across the entire foot, including the arch and sides.
- **Rushing through the movements:** Take your time and pay attention to each area of the foot. Pause and gently work through areas of tension.

Relaxation and Thought Observation Meditation

This practice teaches you to observe your thoughts without engaging with them. It develops mindfulness, reduces stress, and helps you understand how your mind works. This meditation helps you detach from your thoughts and see them as fleeting events that don't require a reaction. It cultivates the ability to notice emotions without becoming controlled by them, fostering a greater sense of presence and awareness of your inner state.

- Sit comfortably with a straight back, placing your hands on your knees or thighs.
- Close your eyes or direct your gaze downward.
- Take a few deep breaths to relax your body.
- Shift your focus to your breath: notice how the air enters and exits through your nose.
- Do not alter your breathing—just observe its natural rhythm.
- Allow your thoughts to arise and pass without trying to stop them.

- Imagine your thoughts as clouds drifting across the sky or leaves floating down a stream.
- Notice each thought, giving it a simple label, such as "thought," "memory," or "plan."
- If you get caught up in a thought or emotion, gently redirect your attention to your breath.
- Don't force your thoughts to stop; their nature is to come and go.
- Remember that thoughts are merely mental events, not facts.
- Pay attention to the pauses between thoughts, even if they are brief.
- Allow these moments of silence to become your place of calm.
- Gradually bring your awareness back to your body, noticing your contact with the surface you are sitting on.
- Take a deep breath, gently open your eyes, and take a moment to return to your daily life.



Conclusion

We have journeyed together from the first day of only three minutes to a full program that, I hope, has become a meaningful part of your life. However, this is not the end. In truth, it's just the beginning of your relationship with physical activity, which you can now adjust to suit your needs.

You've learned various exercises that can be adapted to your preferences and mood. Choose the ones you love most. Change their duration and sequence as you like. Perhaps you'll want to move quickly some days or take your time to stretch slowly in silence. This is your process, your practice, your choice.

However, there's one important thing to remember: always warm up your joints before any session. It's a simple yet essential step to ensure your body feels ready for movement, and your practice brings you joy and comfort.

The most important thing you've learned is this: starting is easy. Simply sit on your chair, feel your breath, and make that first gentle bend, twist, or stretch. Everything else will follow.

And if you miss a day—it's okay. Come back to your practice whenever you're ready. Movement is always here for you. It's waiting to bring you strength, lightness, and that special joy that can't quite be explained but that you already know.

Remember: this isn't just about yoga—it's about loving your body through movement. Keep going, listen to yourself, and move in the way that feels right for you. Let your journey continue.

With warmth and belief in you,

Vera Caldwell

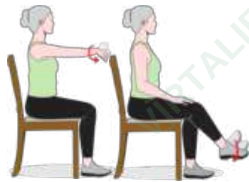
Thank you for reading. If you enjoyed the book, please take a moment to leave a quick 30-second review on Amazon — I would really appreciate it.

8-Week Workout Chart

Week 1



Ex 1. Breathing and Grounding



Ex 2. Circular Mouvement for Wrists and Ankles



Ex 3. Neck Tilts



Ex 4. Shoulder Rolls

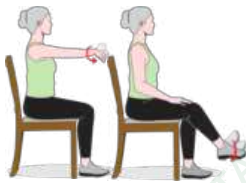


Ex 5. Side stretch – Variation 1.

Week 2



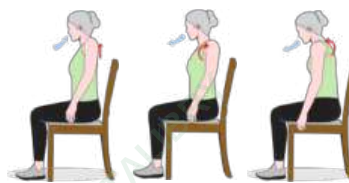
Ex 1. Breathing and Grounding



Ex 2. Circular Mouvement for Wrists and Ankles



Ex 3. Neck Tilts



Ex 4. Shoulder Rolls



Ex 6. Arm Stretch (Urdhva Hastasana – "Upward Hands Pose")



Ex 7. Shoulder Stretch Adapted Gomukhasana ("Cow Face Pose") for the arms



Ex 8. Seated Side Stretch – Variation 2.



Ex 9. Heel and Toe Lifts



Ex 10. Leg Lifts and Extensions (Dandasana "Staff Pose").

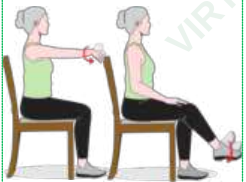


Ex 11. Knee Lifts to Chest: Seated Eka Pada Pawanmuktasana "One-Leg Wind-Relieving Pose "

Week 3



Ex 1. Breathing and Grounding



Ex 2. Circular Mouvement for Wrists and Ankles



Ex 3. Neck Tilts



Ex 4. Shoulder Rolls



Ex 5. Side stretch – Variation 1. OR Ex 8. Seated Side Stretch – Variation 2.



Ex 7. Shoulder Stretch Adapted Gomukhasana ("Cow Face Pose") for the arms



Ex 9. Heel and Toe Lifts



Ex 10. Leg Lifts and Extensions (Dandasana "Staff Pose").



Ex 11. Knee Lifts to Chest: Seated Eka Pada Pawanmuktasana "One-Leg Wind-Relieving Pose "



Ex 12. Head Turns Left and Right

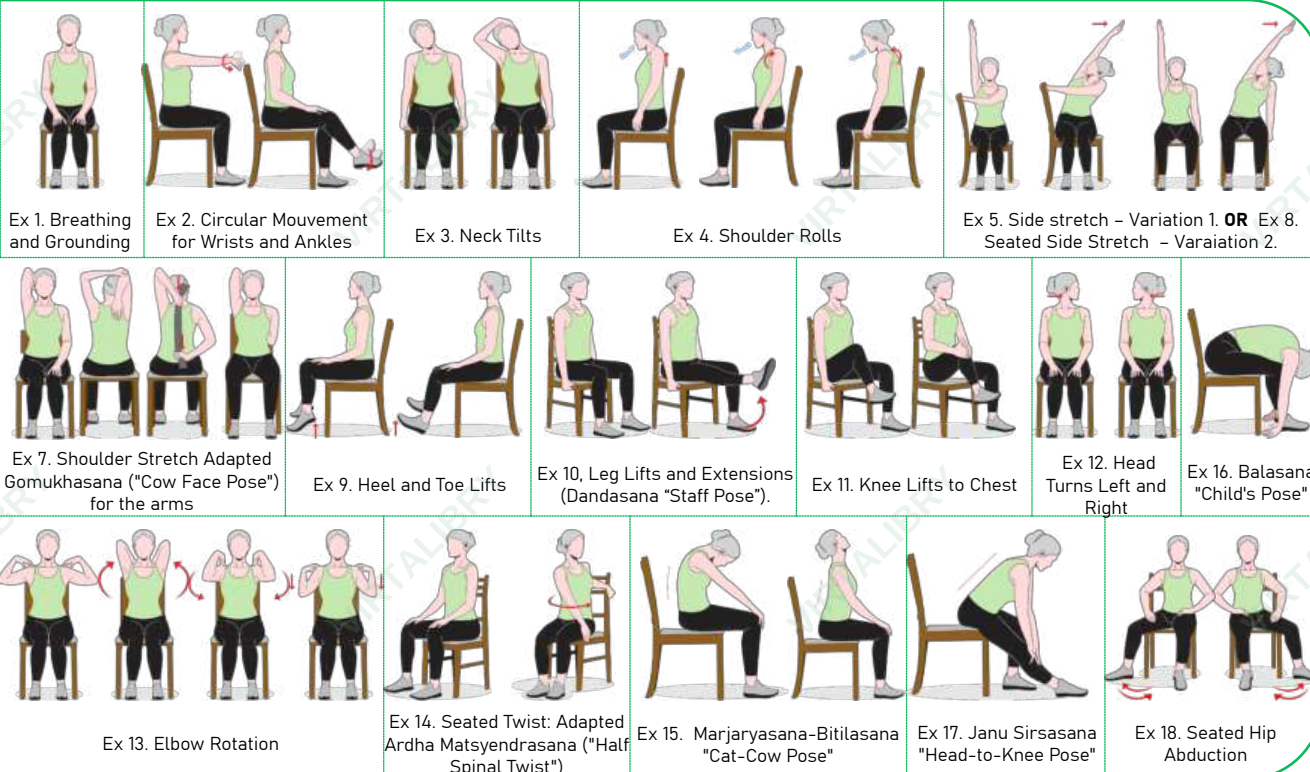


Ex 13. Elbow Rotation



Ex 14. Seated Twist: Adapted Ardha Matsyendrasana ("Half Spinal Twist")

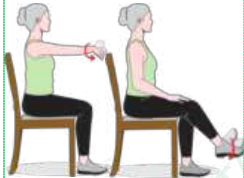
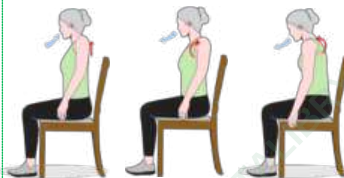
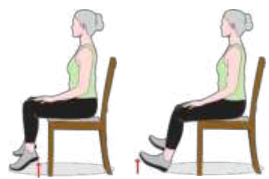
Week 4



Week 5



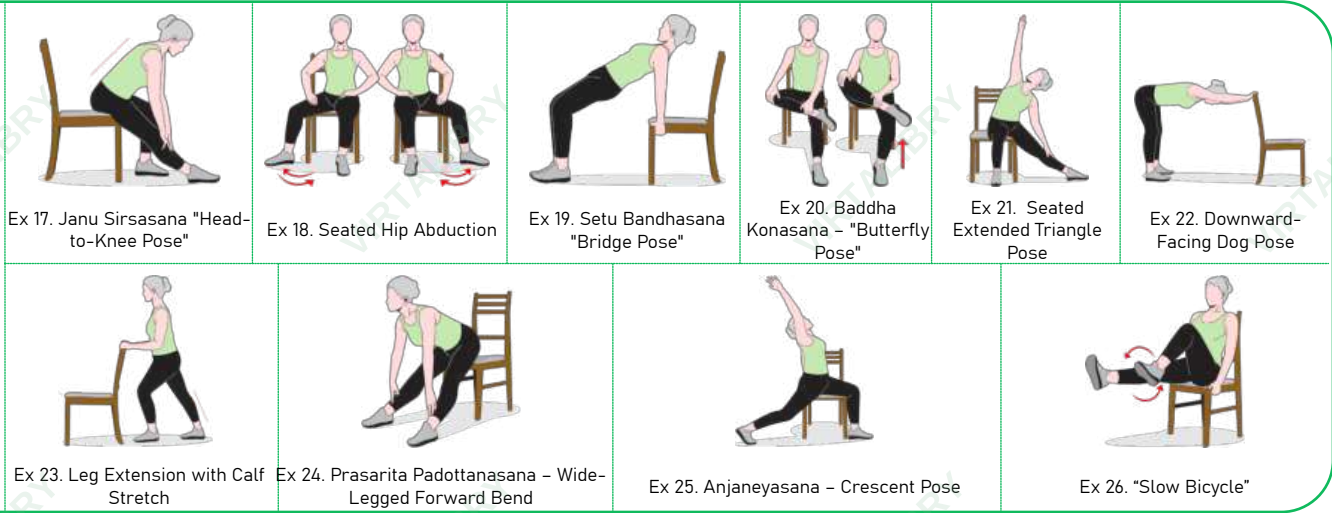
Week 6

				
Ex 1. Breathing and Grounding	Ex 2. Circular Movement for Wrists and Ankles	Ex 3. Neck Tilts	Ex 4. Shoulder Rolls	Ex 5. Side stretch – Variation 1. OR Ex 8. Seated Side Stretch – Variation 2.
				
Ex 6. Arm Stretch	Ex 7. Shoulder Stretch Adapted Gomukhasana for the arms	Ex 9. Heel and Toe Lifts	Ex 10. Leg Lifts and Extensions	Ex 11. Knee Lifts to Chest
				
Ex 12. Head Turns Left and Right	Ex 13. Elbow Rotation	Ex 14. Seated Twist: Adapted Ardha Matsyendrasana ("Half Spinal Twist")	Ex 15. Marjaryasana-Bitilasana "Cat-Cow Pose"	Ex 16. Balasana "Child's Pose"
				
Ex 17. Janu Sirsasana "Head-to-Knee Pose"	Ex 18. Seated Hip Abduction	Ex 19. Setu Bandhasana "Bridge Pose"	Ex 20. Baddha Konasana – "Butterfly Pose"	Ex 21. Seated Extended Triangle Pose
				
Ex 22. Downward-Facing Dog Pose	Ex 23. Leg Extension with Calf Stretch			

Week 7 - See next page

				
Ex 1. Breathing and Grounding	Ex 2. Circular Movement for Wrists and Ankles	Ex 3. Neck Tilts	Ex 4. Shoulder Rolls	Ex 5. Side stretch – Variation 1. OR Ex 8. Seated Side Stretch – Variation 2.
				
Ex 6. Arm Stretch	Ex 7. Shoulder Stretch Adapted Gomukhasana for the arms	Ex 9. Heel and Toe Lifts	Ex 10. Leg Lifts and Extensions	Ex 11. Knee Lifts to Chest
				
Ex 12. Head Turns Left and Right	Ex 13. Elbow Rotation	Ex 14. Seated Twist: Adapted Ardha Matsyendrasana ("Half Spinal Twist")	Ex 15. Marjaryasana-Bitilasana "Cat-Cow Pose"	Ex 16. Balasana "Child's Pose"

Week 7 – continued



Week 8



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