



Seated Yoga Poses

Seated yoga offers countless benefits for the body and mind, not to mention the fact that you can practice the poses almost anywhere!

Whether you're under a stressful deadline or traveling through an airport, explore these eight classic poses for a more balanced, centered self.



Shatterproof
Stronger than addiction



Seated Mountain Pose (Tadasana)



- Sit with your feet flat on the floor, hip-width apart.
- Rest your hands on your thighs or let them hang by your sides.
- Lengthen your spine, roll your shoulders back, and lift the crown of your head.



Seated Cat-Cow Stretch

(Upavistha Bitilasana Marjaryasana)



- Place your hands on your knees or thighs.
- Inhale, arch your back, lift your chest, and look up (Cow).
- Exhale, round your back, tuck your chin to your chest, and pull your belly in (Cat).



Chair Forward Bend (Paschimottanasana Chair)



- Sit with your feet flat on the floor.
- Inhale, lengthen your spine, and exhale as you fold forward from the hips.
- Let your hands rest on the floor, your thighs, or a block.



Seated Spinal Twist (Parivrtta Chair Tadasana)



- Sit with your feet flat on the floor.
- Place your right hand on the back of the chair and your left hand on your right thigh.
- Inhale to lengthen your spine, exhale to twist gently to the right.
- Repeat on the other side.



Seated Side Stretch

(Parsva Upavistha Konasana)



- Sit upright with your feet flat on the floor.
- Raise your right arm overhead and lean to the left.
- Rest your left hand on the chair or thigh for support.
- Switch sides and repeat.



Chair Warrior I (Virabhadrasana I)



- Sit sideways on the chair with your right leg extended behind you.
- Keep your left knee bent at a 90-degree angle and your right foot flat or on the toes.
- Raise your arms overhead.