

# PLANT POSES

## seated yoga

Sometimes we can't leave our seats, but we can still stretch it out! Here are some easy stretches you can do from your chair, at a desk, or even on a long car ride.



UNFOLDING LEAF

BLOOMING FLOWER

BAMBOO STRETCH

BENDING GRASS

TWISTING VINE

Begin by sitting tall with hands on thighs. Inhale and bend forward, pushing your belly back toward your chair. Hold, then straighten and curve your back in the opposite direction as you exhale. Push shoulders down. Repeat.

Sit tall and stretch your arms out in front with the base of your palms pressed together. Fan your fingers apart. Drop your shoulders and stretch your arms as far as you can. With each exhale try to stretch a little further.

Stretch arms above you and reach your fingers to the sky. Drop your shoulders and raise your heart up. Feel yourself grounded to your seat. and with each exhale try to reach up a little further to stretch the spine.

From the Bamboo Stretch, float one arm down and lean your torso to the side. Hold. With each exhale, bend a little further. Next, return to the Bamboo Stretch and then switch to the other side.

Sit tall and stretch arms out in front with palms placed together. Turn your hands so one arm crosses the other. Then bend your arms towards your face. Drop your shoulders. Hold. Then stretch your arms back out and repeat for other side.