

Mindful Chair Yoga

50+ PRACTICES FOR ALL AGES



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Mindful Chair Yoga Card Deck



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Use in the classroom, in scientific settings, at your table, on an airplane, or anyplace you will be! When yoga techniques away the mat and into the chair, it's simpler to integrate into lifestyle. This easy-to-use cards deck contains 50+ methods that may support everyone - children, teens and adults - in living a happier, healthier life. Each card includes a reflection question to help engage completely with the activities. Mindful Chair Yoga exercises is a robust way to harness important benefits of the practice: become more powerful, more flexible, navigate challenging circumstances without becoming overwhelmed, rest when you need it, and much more.



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