SIT. BREATHE. FEEL.

5 simple chair yoga postures, linking each to **fight/flight calming, self-regulation, breathwork, community-building, or reparenting/self-care**:

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1. Chair Cat-Cow (Marjaryasana/Bitilasana)

How to Practice:

- Sit tall, hands on knees.
- Inhale: arch your back, lift chest and chin (Cow).
- Exhale: round your spine, tuck chin to chest (Cat).
- Flow slowly for 5–8 breaths.

What It Helps With:

- **Fight/Flight Calming:** Moves the spine and resets stuck "freeze" energy.
- **Self-Regulation:** Syncs breath with movement to ground emotions.
- **Breathwork:** Inhale to open, exhale to curl, promoting vagal toning.

🌀 *Cat-Cow teaches the body to move out of tension and fear responses in a rhythmic, calming way.*

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2. Seated Mountain Pose (Tadasana)

How to Practice:

- Sit tall, feet flat, knees over ankles.
- Hands rest by your sides or lightly on thighs.
- Imagine a string lifting the crown of your head toward the sky.
- Press feet gently into the ground.

What It Helps With:

- **Self-Regulation:** Builds posture, presence, and embodied stability.
- **Breathwork:** Promotes deep, steady breathing naturally.
- **Community Building:** Practicing “mountain” together strengthens shared energy of stability.

🌄 *Mountain pose builds inner and outer strength — a collective, rooted feeling.*

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3. Seated Forward Bend (Paschimottanasana Variation)

How to Practice:

- Sit tall, inhale arms overhead.
- Exhale: fold forward from hips, resting hands on thighs, shins, or the floor.
- Let your head drop toward your knees if comfortable.

What It Helps With:

- **Fight/Flight Calming:** Deep forward bends trigger the parasympathetic nervous system.
- **Self-Care/Reparenting:** Feels protective, like a self-hug.
- **Breathwork:** Encourages deeper, slower exhalations while folded.

🫶 *Forward folds invite deep surrender, calming survival stress responses.*

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4. Seated Eagle Pose (Garudasana Arms and Legs)

How to Practice:

- Cross your right thigh over your left (if available, otherwise just cross ankles).
- Cross your right arm under your left at the elbows, wrapping arms together (or just hug yourself).
- Lift elbows slightly and breathe.

What It Helps With:

- **Self-Regulation:** Focus and containment when feeling scattered.
- **Reparenting/Self-Care:** The self-hug motion nurtures emotional needs.
- **Community Building:** A shared, fun shape that encourages self-expression and laughter when taught playfully.

🦅 *Eagle helps people hold themselves with kindness and builds strength in vulnerability.*

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5. Seated Warrior I (Virabhadrasana I)

How to Practice:

- Sit tall, turn slightly to the right, plant right foot forward, slide left foot back (toes on floor, knee bent).
- Raise arms overhead or hands on hips.
- Breathe strong and steady.

What It Helps With:

- **Self-Regulation:** Activates courage and grounded power.
- **Community Building:** Inspires group confidence when everyone does "warrior" together.
- **Breathwork:** Builds stamina for deeper, intentional breathing under gentle effort.

⚡ *Warrior pose reminds the body of its strength, dignity, and resilience, even when seated.*