

# Chair Mountain

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Sit up straight toward the front of your chair. Position your feet flat on the floor, hip-width apart.

Move your belly button toward your spine, engaging your abdominal muscles to do the work. Keep your breath smooth and flowing.

Press your feet into the floor; notice the engagement of your thigh muscles and slowly grow taller.

Notice the effort of maintaining an upright position. Now relax and soften your posture. Observe the difference.

**Standing Mountain Variation:** Stand upright with your feet hip-width apart and continue with instructions.



# Chair Mountain





# Centering

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Begin in Chair Mountain.

Settle your bottom on the chair. Feel your feet on the floor. Feel the support of the floor and the chair under your body.

Notice your breath.

Are you breathing through your nose?  
Breathing through your mouth? Breathing slowly or quickly?

Count the duration of your inhale and then the duration of your exhale.

As you notice these details, don't change your breath. Just notice what is happening, and use your breath to anchor your attention in the present moment.

If your eyes are closed, open them slowly. Observe how you are feeling in this moment.



# Centering

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# Neck Surrender

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Begin in Chair Mountain.

Lower your chin to your chest. Notice a stretch in the back of your neck.

Inhale, shifting your chin toward one shoulder. Exhale, bringing your chin back to center. Repeat on the other side.

Repeat both sides twice.

Return to Chair Mountain. Balance your head at the top of the spine.

Inhale while rotating your head to the right; exhale, returning to center. Repeat on the other side. Notice any differences between left and right.

Repeat both sides twice.

Inhale, tilting your right ear toward your right shoulder; notice a stretch in the side of the neck. Exhale, slowly returning your head to center. Repeat on the other side.



# Neck Surrender

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# Seated Pigeon

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Begin in Chair Mountain.

Using your hands, lift your right ankle and rest it on your left thigh. If you feel discomfort in either knee or hip, then simply cross the right ankle over the left.

Explore sensation in your hip by putting your right hand on your right knee and guiding your knee slightly toward the floor. Don't force the movement.

Take five breaths.

Place the foot back on the floor.

Repeat on the other side.

Place the foot back on the floor. Notice any differences between the range of movement on the left and the right sides.



# Seated Pigeon

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# Breath of Joy

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Begin in Chair Mountain or Standing Mountain.

Inhale, lifting the arms toward the sky.

Exhale, stretching them out to the side.

Inhale, lifting them back up, and then exhale, bending your knees and swinging your arms down while saying a loud “ha.”

Repeat twice more.

Return to your natural breath. What do you notice? Has your energy shifted? Do you need to catch your breath?

A possible side effect of this practice is smiling.



# Breath of Joy

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