

What You Will Learn:

The Five Branches of Lakshmi Voelker Chair Yoga:

- Single Chair Yoga
- Double Chair Yoga
- Pair Chair Yoga™
- Weighted Chair Yoga™
- Wheelchair Yoga™

The Chairasanas for:

- Sun Salutation
- Moon Salutation
- Earth Salutation
- Warrior Sequence
- Balance Sequence
- many more yoga asanas and yoga-related postures

Additional Eastern Disciplines and Modalities, such as:

- Acupressure relief hand movements
- Acupressure knee strengthening exercises
- Breathing techniques for meditation, relaxation, and asanas
- 7 Chakras and their meanings, colors, sounds, and affirmations
- 5 Yamas and 5 Niyamas
- Do-In Chinese Self Massage
- Foot Reflexology
- Pa Tuan Chin (8 Essential Sitting Exercises)

Pranayama:

Deep breathing techniques that are a key to reaching optimum health to help fully oxygenate your students' bodies and massage their organs. This improves their energy and mental clarity while reducing pain and anxiety. Following the pranayama techniques, not only during chair yoga classes, but throughout daily life, significantly enhances health and well-being.

Meditation:

Relaxation techniques that will give your students added health benefits physically, mentally, and spiritually.

In Addition:

- Basic anatomy as it applies to chair yoga

- Introductions to outside study materials