

Advanced  
10 Seated Yoga Poses  
to Make Your Body  
*Fall  
Proof*



A GentleStretching.net Publication

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# **Advanced 10 Seated Yoga Poses to Make Your Body Fall-Proof**

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### Disclaimer

*Advanced 10 Seated Yoga Poses to Make Your Body Fall-Proof* is primarily an educational resource and is not intended to take the place of the advice and recommendations of a physician. If you suspect you may have a health problem, please seek the services of a physician or healthcare professional.

The Gentle Stretching authors have checked with sources believed to be reliable in their efforts to provide information that is complete and generally in accord with the standards accepted at the time of publication. The information was accurate to the best of their knowledge. It is presented AS IS.

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# Advanced 10 Seated Yoga Poses to Make Your Body Fall-Proof

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## Preface

### Pass this Book On

Feel free to take your personal printed copy and share it with your family, friends, and colleagues. Everyone's health will improve if we all learn and educate each other on how to maintain a healthy and active lifestyle. If you received this as an e-book, please do not forward it on. Writing is how we make a living. Unauthorized distribution constitutes theft of our intellectual property.

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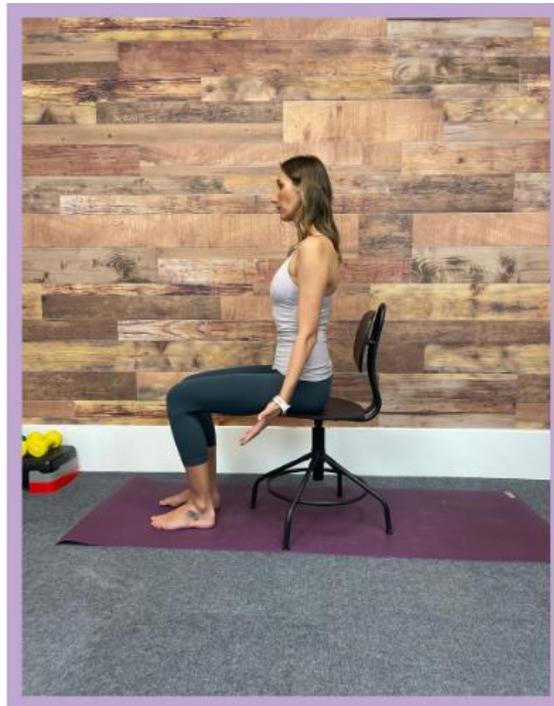
### Advanced 10 Seated Yoga Poses to Make Your Body Fall-Proof

#### #1 – Posture Awareness

For this exercise, it is best to be barefoot.

Begin in an upright sitting position on the chair with your feet flat on the floor, maintaining good alignment with your head, shoulders and hips. Engage your core, then hold your arms out at your sides with your palms facing outward. Press down through your toes and heels, bringing awareness to the triangle base of support in your feet, with your toes at the top of the triangle and your heels at the bottom. Close your eyes as you take several deep belly breaths, in through your nose and out through your mouth.

If closing your eyes is too challenging, go through this exercise with your eyes open, focusing your gaze on an unmoving point or object.

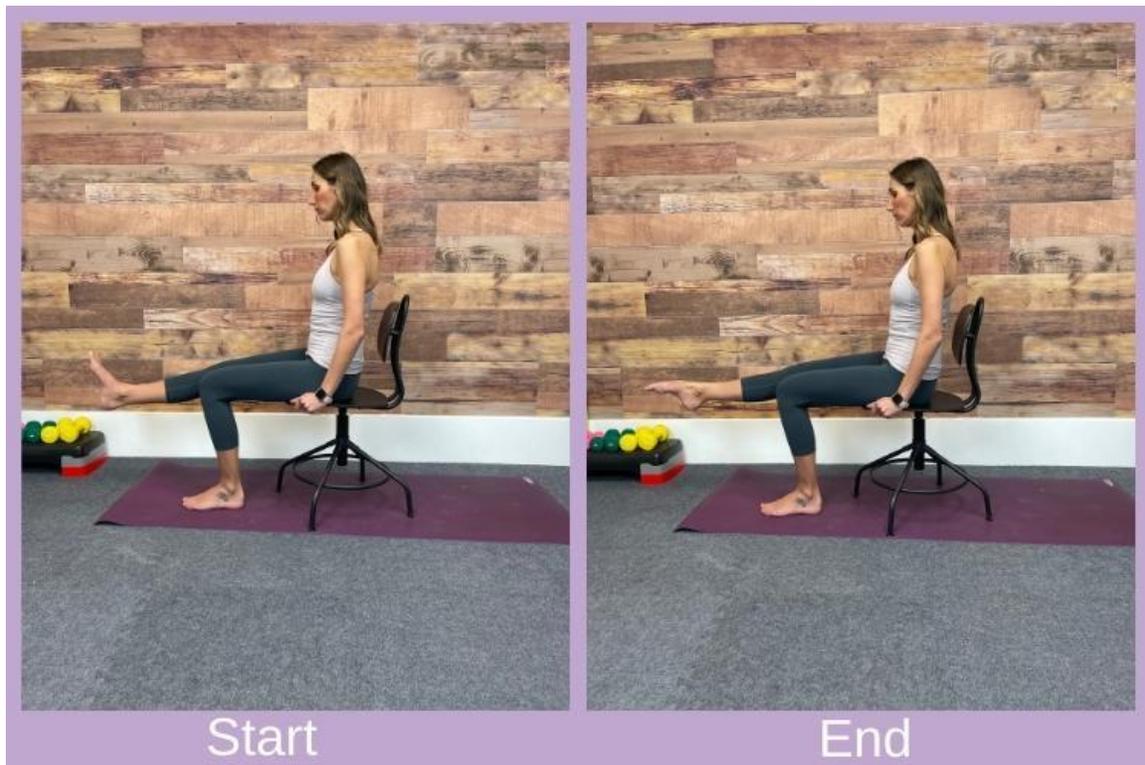


**Posture Awareness**

## Advanced 10 Seated Yoga Poses to Make Your Body Fall-Proof

### #2 – Leg Lifts

Begin in an upright sitting position on the front of a chair with your feet flat on the floor, maintaining good alignment with your head, shoulders and hips. Place your hands on the sides of the chair for support. Engage your core, squeeze one quad, and extend your leg up to hip-height with your toes pointing upward. Inhale as you point your toes. Exhale as you flex your ankle back to the starting position. Repeat the movement. Start with 1 set of 5 repetitions on each side.



Leg Lifts

## Advanced 10 Seated Yoga Poses to Make Your Body Fall-Proof

### #3 – Hip Circles

Begin in an upright sitting position on the chair with your feet flat on the floor, maintaining good alignment with your head, shoulders and hips. Hold onto one knee with your hand. Engage your core, lift your knee up towards your chest, then rotate your knee out to the side in a wide circular motion to return to the center position. Keep your supporting foot flat on the floor, bringing awareness to the triangle base of support in your foot. Repeat the movement. Start with 1 set of 5 repetitions on each side.

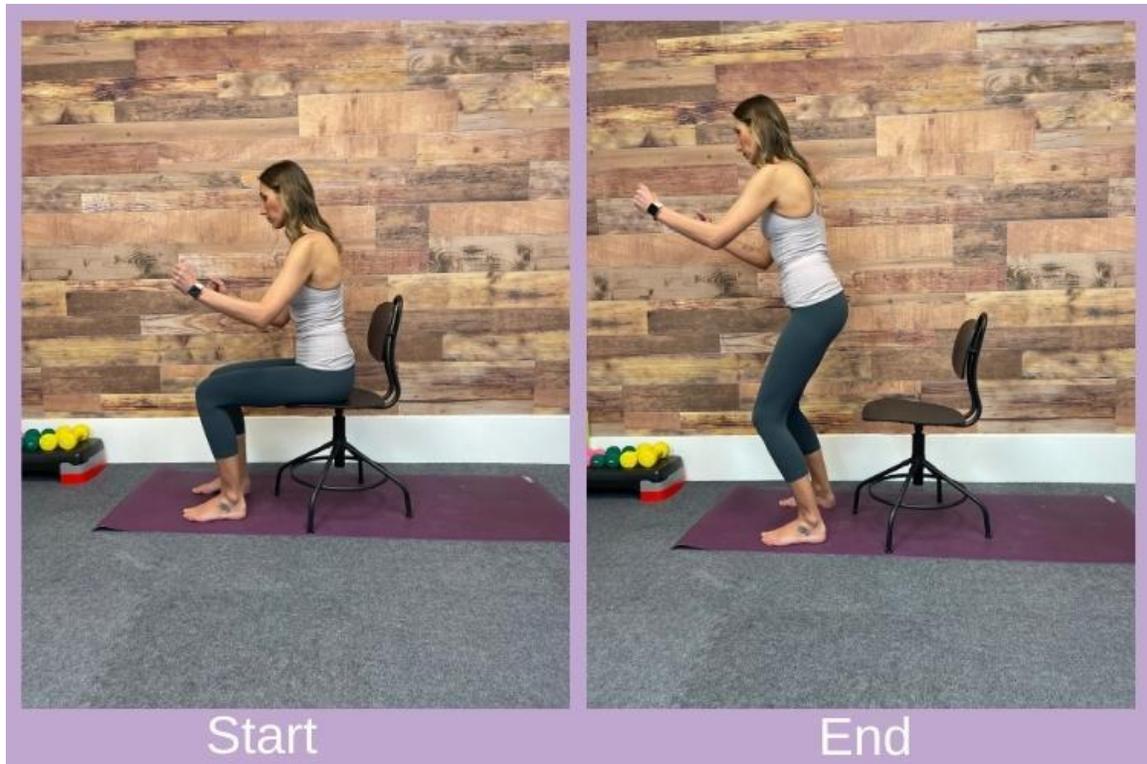


**Hip Circles**

## Advanced 10 Seated Yoga Poses to Make Your Body Fall-Proof

### #4 – Sit to Stand

Begin in an upright sitting position on the front of a chair with your feet slightly wider than shoulder-width apart, maintaining good alignment in your upper body. Extend your arms in front of your body. Engage your core and contract your quads as you push through your heels to raise to a standing position. Lower your seat to return to the starting position and repeat the movement. Start with 1 set of 5-10 repetitions.

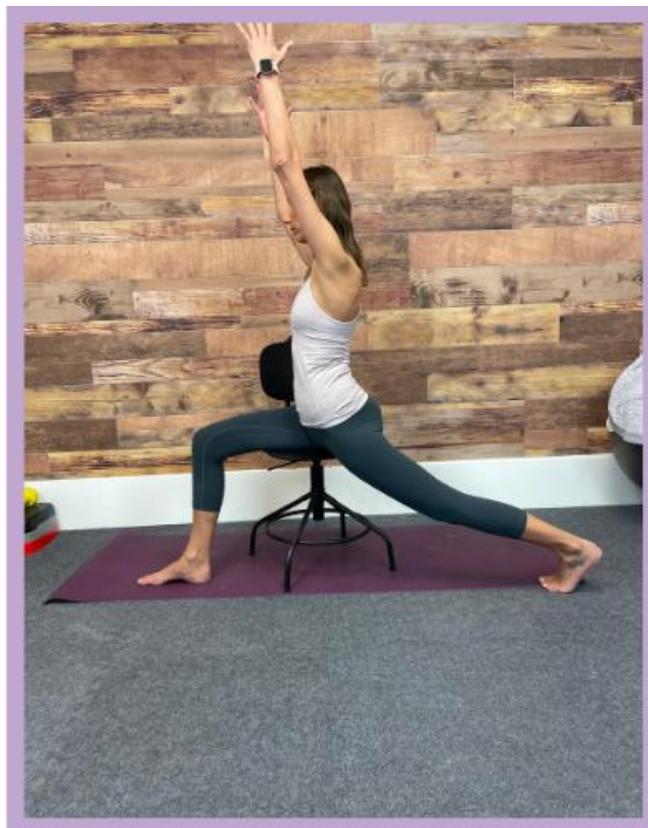


**Sit to Stand**

### #5 – Seated Lunge to Warrior 2

#### Seated Lunge:

Begin in an upright sitting position with your feet flat on the floor, maintaining good alignment with your head, shoulders and hips. Turn your body so that you are sitting on the front of the chair with only one half of your seat. Looking for a stretch in the front of the hip, shift your hips forward as you extend your outside leg back. Keep your toes pointing straight ahead. Press your front foot firmly into the floor to engage your quad. Engage your core and raise both arms overhead. Hold this position for several deep belly breaths, in through your nose and out through your mouth.



Seated Lunge

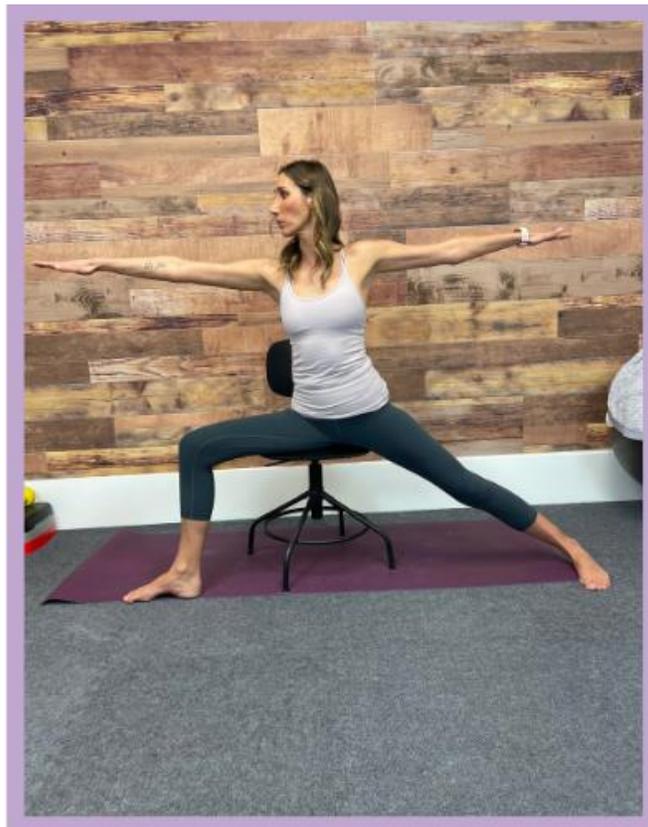
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## Advanced 10 Seated Yoga Poses to Make Your Body Fall-Proof

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### Warrior 2:

Slowly turn your upper body towards the front and pivot your back foot so your toes are pointing forward at 90-degrees. Contract your core and extend your arms out at your sides at shoulder-height. Either look forward or turn your head to the side to focus on your front middle finger. Take several deep belly breaths, in through your nose and out through your mouth. Relax and return to the starting position. Repeat the sequence of movements on the opposite side.



**Warrior 2**

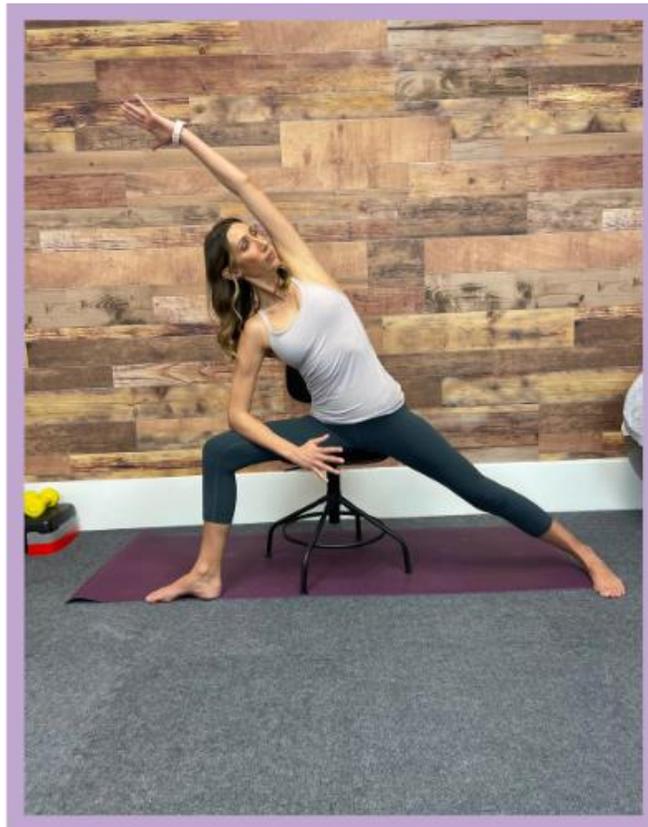
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## Advanced 10 Seated Yoga Poses to Make Your Body Fall-Proof

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### #6 – Side Angle

Begin in an upright sitting position on the front of a chair with your feet in a wide stance and your toes pointing outward. Rest one elbow on top of your knee, then extend your opposite leg out to the side, pivoting your foot so your toes are pointing forward. Contract your core, lean your upper body towards your bent arm, and reach overhead with your arm. Hold this position for several deep belly breaths, in through your nose and out through your mouth. Return to the starting position and repeat the movement on the opposite side.

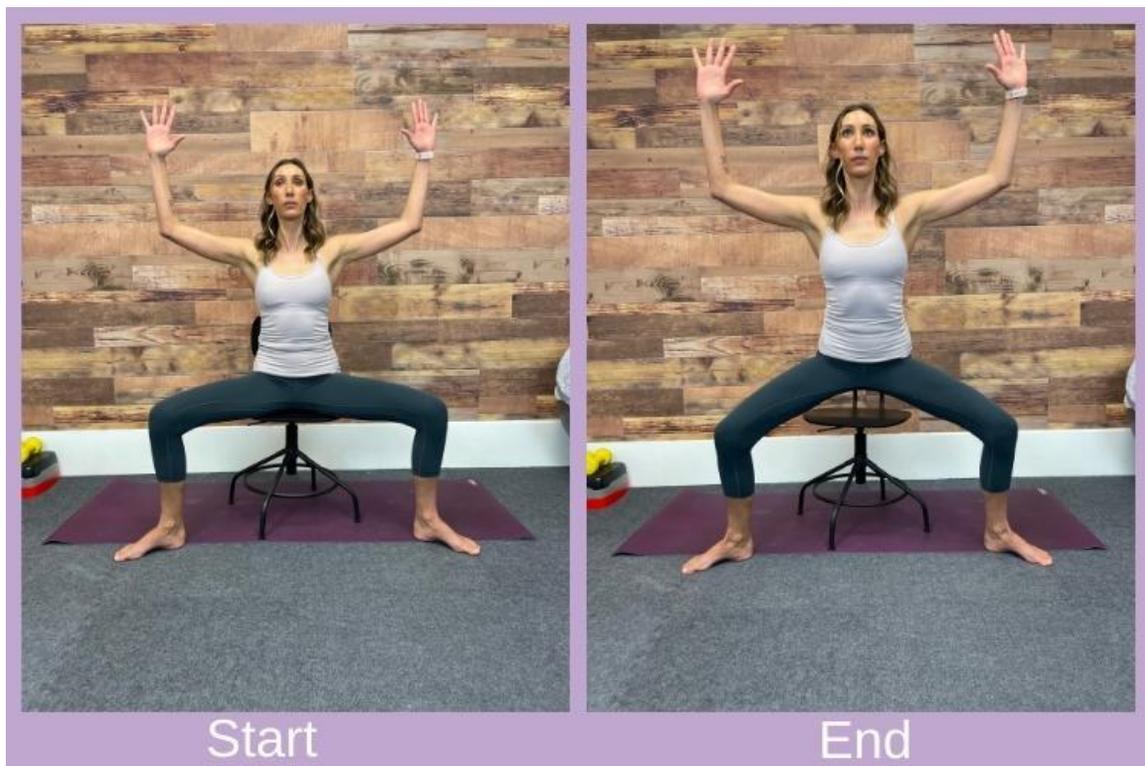


**Side Angle**

## Advanced 10 Seated Yoga Poses to Make Your Body Fall-Proof

### #7 – Goddess Lifts

Begin in an upright sitting position on the front of a chair with your feet in a wide stance and your toes pointing outward as far as they can comfortably go. Pull your knees back as wide as you can and shift your hips back. Raise your arms out at your sides at shoulder-height with both elbows bent at 90-degree angles and your palms facing outward. Pull your arms back to squeeze your shoulder blades together. Engage your core and contract your quads, then push through your feet to lift your seat off the chair. Carefully lower your seat down to the starting position and repeat the movement. Start with 1 set of 5-10 repetitions.



**Goddess Lifts**

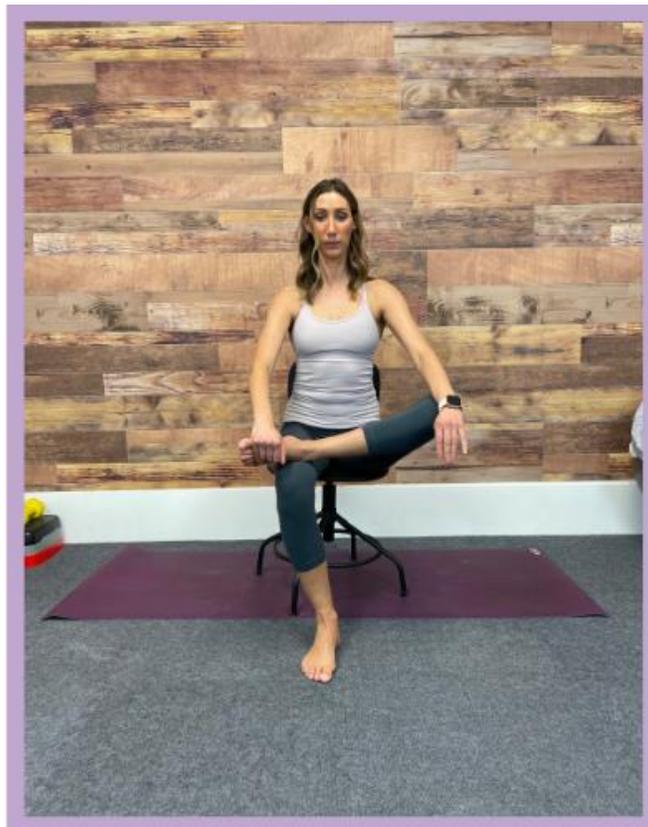
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### #8 – Figure 4

Begin in an upright sitting position on the front of a chair with your feet flat on the floor, maintaining good alignment with your head, shoulders and hips. Cross one ankle over your opposite knee. Engage your core and hinge through your hips to bend your upper body forward. Hold this position for 3-5 deep belly breaths, in through your nose and out through your mouth. Return to the starting position and repeat the movement on the opposite side.



**Figure 4**

## Advanced 10 Seated Yoga Poses to Make Your Body Fall-Proof

### #9 – Spinal Twists with Crossed Leg

Begin in an upright sitting position on the front of a chair with your feet flat on the floor, maintaining good alignment with your head, shoulders and hips. Cross one leg over your opposite knee. Engage your core, place your opposite hand on the outside of your top knee, and twist your upper body to the side. Hold this position for several deep belly breaths, in through your nose and out through your mouth. Return to the starting position and repeat the movement on the opposite side.



**Spinal Twists with Crossed Leg**

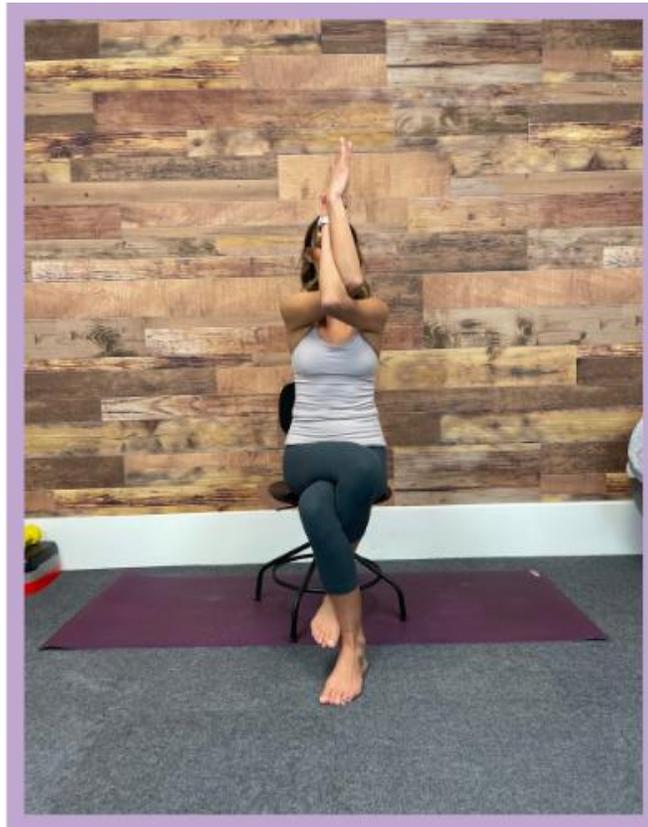
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## Advanced 10 Seated Yoga Poses to Make Your Body Fall-Proof

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### #10 – Seated Eagle

Begin in an upright sitting position on the front of a chair with your feet flat on the floor, maintaining good alignment with your head, shoulders and hips. Cross one leg over your opposite knee and wrap your toes behind your calf. Engage your core and cross your arms in front of your body at shoulder-height, wrapping at the elbows and wrists. Hold this position for several deep belly breaths, in through your nose and out through your mouth. Slowly return to the starting position and repeat the movement on the opposite side.



**Seated Eagle**

### About Gentle Stretching

#### **Gentle Stretching – Creating healthy balance between mind, body, and soul**

At Gentle Stretching (GS), we believe that the connection between mind, body, and soul simply cannot be ignored. We understand that impactful exercise does not need to be strenuous, jarring, and painful, and that a relaxed and peaceful mindset plays a significant role in overall health. Our programs are based on years of research and creativity and have proven effective for people of all ages and abilities. We are dedicated to helping individuals along their journey to wellness by creating trusted programs designed to improve both physical and mental well-being.

Today, the Gentle Stretching (GS) team is comprised of health and wellness experts from around the world. We help hundreds of thousands of people each year live fuller, healthier, and happier lives by addressing all areas of personal well-being.

Access our [FREE](#) library of health & wellness resources online at:  
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