



CHAIR YOGA specialization course

MANY TIMES WHEN WE THINK OF YOGA, WE IMAGINE EXTREMELY FLEXIBLE PEOPLE WHO CAN PERFORM THE POSTURES AND MOVEMENTS OF THIS ACTIVITY WITHOUT PROBLEM.

THE TRUTH IS THAT IT IS NOT NECESSARY TO HAVE THE CAPACITY TO CONTORT OUR BODY AT THIS LEVEL IF WE WANT TO ENJOY THE BENEFITS OF YOGA, FURTHERMORE, MANY TIMES YOU DO NOT EVEN NEED TO GET UP FROM YOUR SEAT.

whit Gaia Sinatra



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CHAIR YOGA MANUAL INDEX



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MODULE 1: Basics of Yoga

- History of Yoga,
- What is Yoga,
- The 4 paths of yoga,
- The 8 branches of the practitioner,
- Pranayama,
- Meditation.

MODULE 2: Chair Yoga

- What is chair yoga,
- The Iyengar method.

MODULE 3 Chair Practice

- Chair Stretches,
- Sun Salutation using the chair,
- Chair Asana
 - Balance,
 - Opening of the hips,
 - Side stretch,
 - Twist,
 - Flexion,
 - Extension,
 - Inverted pose.

MODULE 4: Classes

- Chair yoga teaching,
- Chair yoga in your day to day,
- How to teach chair yoga classes,
- Specific chair yoga sequences.

