

**Pink Lotus Yoga**  
**Professional Yoga and Teacher Training**  
**Special Populations Sequences: Chair and Prenatal**

**Sample Chair Yoga Sequence**  
*by Marcia Camino*

Pranayama (long deep breathing, hand to hand breathing)  
Head Rolls (and hand to ear)  
Wrists and Ankles Rotation  
Shoulder Shrugs (inhale up, exhale down, moderate or rapid pace)  
Seated Toe Touch (legs stretched out)  
Seated Cat/Cow  
Seated Half Moon (lateral flexion of spine)  
Seated Chair (arms overhead if possible)  
Seated Twist  
Seated Forward Bend (legs bent and comfortable, long neck)  
Seated Forward Bend (lifted head, yoga mudra arms)  
Seated Half-Lotus Backbend and Forward Bend  
Seated Cross-Legged Twist (#4 shape of legs and also crossed with knees stacking)  
Standing Supported Downward Facing Dog  
Standing Supported Leg Stretch (foot on chair)  
Standing Forward Bend (heel on seat of chair)  
Standing Supported Downward Facing Dog  
Standing Supported Upward Facing Dog  
Twists  
Tree  
Warrior III and Warrior IV  
Seated Relaxation  
Chair Surya Namaskar: stand 1 ft away from chair, mountain/backbend, hands on chair seat for forward bend; lunge/cobra, down dog, lunge/cobra. Variation: lunge to plank to cobra to down dog

**Sample Prenatal Yoga Sequence**  
*by Marcia Camino*

***Energizing Sequence***

**Pelvic Tilts.** Open hips, increase strength and balance, strengthen thighs Sukasana, chairs, or standing (feet parallel, hands on thighs), hands on ribs, breath guides movement, go at comfortable pace. Do several times/day, can build momentum (30 sec-2 min.)

**Side Stretches.** Seated, chair, or standing (goddess);. Arm over ear in line w/side of body, stretch through ribs and lungs. (20 sec/side; several reps)

**Shoulder Twists.** Massages organs, stretches thighs. Hands draped over shoulders. Twist left on the inhale and right on the exhale. Feel like the elbows pulling you back, eyes rolled up and in to give you energy and focus. Can gather momentum if you wish. Seated, chair, or standing (knees slightly apart), let yourself fly (90 sec.)

**Butterfly Pose.** Wrap hands around toes. Bounce. Get into rhythm. Blankets to sit on okay. Eyes up and in (90 sec.)

**Wide Leg Stretch.** Lengthens backs of legs, strengthens low back, stretches groin. Inhale

center. (90 sec.) Then Forward Bend over center (60 sec): pillows under belly for forward bend okay, can sit on blanket throughout

### **Poses**

- Mountain
- Table/Cat stretch w/leg lift
- Down Dog from Table (step hands one handprint forward)
  - 3<sup>rd</sup> Tri: against wall (hands 4-5 inches below shoulder, walk feet back)
- Triangle
- Warrior II
  - 3<sup>rd</sup> Tri: against wall, front arm/hand touching for support
- Side Angle Stretch
- Tree Pose/also against wall
- Eagle Pose/also against wall
- Standing Front Thigh Stretch/side to wall (Natarajasana Stage 1)
- Wide Leg Stretch Flat Back/also against wall
- Wide Leg Stretch Forward Bend/also against wall
- Hero (sitting on shins and tops of feet)
- Hero/arms overhead
- Hip Opener (sitting with legs crossed, one leg cradled in arms)
- Malasana (brick or bolster or no prop, and also against wall): lifting up of chest and pelvic floor
- Seated Cobbler Pose, forward bend if comfortable
- Child Pose
- Happy Baby: hands to knees, rock
- Bridge Pose: pillow/blanket under head
- Seated Straddle Pose: pillow under hips, arms overhead and later stretches
- Seated Wide-Knee Stretches: Flex the spine laterally and in twists
- Lion Pose
- Supported Savasana: rectangle bolster, other ½ way t-crossed on top, or lie on left side.  
Can use chair for legs and hug bolster when lying on left side.

### **Pranayama**

Long Deep (Diaphragmatic) Breathing

Ujjayi on exhalation

Sitali (Cooling Breath)

Alternate Nostril Breathing

Back-to-Back Breathing

### **Locks**

Mula Bandha

Also: Bernie Clark's suggestions for Prenatal Yoga from *The Complete Guide to Yin Yoga*.

Also: Paul Grilley's Golden Seed Sequence is GREAT for prenatal

Also: *Prenatal Sun Salutation with chair: SEE CHAIR SUN SALUTATION SEQUENCE ABOVE*

Also: Prenatal Sun Salutation without chair: Mountain, Forward Bend, Lunge (back knee down), Plank or Tabletop, Cow, Cat, Cow, Down Dog, Lunge (back knee down), Forward Bend, Backbend, Mountain.