



# THE CHAIR

## *Participants*

Any number of participants.

## *Time Allotment*

5 Minutes or less

## *Activity Level*

Moderate

## *Materials*

No materials required

**Strength. Patience. Discipline. Balance.**

## *Method*

**Step 1.** Stand tall and strong with your arms at your sides and your feet about hip distance apart. Rock back and forth on your feet a few times until you find a comfortable center – this is your mountain base. Find a small unmoving object across the room in your line of vision. Focus your eyes on this object. This is your “Focus Point”.

**Step 2.** Raise your arms in a stretch straight out above your head holding your arms in a direct line with your spine. Pull your shoulders down away from your ears. (Optional: stretch your arms straight out in front of you for balance.)

**Step 3.** Bend your knees, lowering your body as if you are about to sit in a chair.

**Step 4.** Keep your hips above your heels as you lean forward slightly from your hips.

**Step 5.** Hold this position for several breaths before slowly returning to your mountain base, standing strong with your arms at your sides.

**Watch your back.** If you feel a strain in your lower back while holding this position, try pulling in your belly muscles and tucking your tail bone under slightly.

## *Variation(s)*

- **Time it.** How long can you hold this position? Begin with 10 seconds and try again each day until you reach a full minute. Remember to breathe while holding the position.
- **Standing Chair Twist.** Begin in Mountain. Press your hands together in front of your heart. Inhale deeply. Exhale and lower into Chair as you fold and twist your upper body to the right. Cross your left elbow over your right thigh and find a focus point for balance. Hold for 3 – 5 breaths. Inhale and stand back up to rest in Mountain. Switch sides when ready.