

Practice

Movement. Breath. Attention.



Chair Yoga · Pranayama · Chakras

A little practice. A steadier day.

A GUIDE BY RAJIV LULLA

September 2026 edition

THREE WAYS TO BEGIN

Inside the guide

Use this guide as a collection. Choose what suits you, take breaks, and return to the instructions whenever you need them.

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The website offers the same content with linked practice headings. Sanskrit names are secondary to plain-language instructions. This print edition keeps each movement and its cautions on one page.

A STABLE CHAIR. A LITTLE SPACE.

Before you begin

Use a sturdy chair without wheels on a non-slip floor. Your feet should rest flat, with your knees near a right angle. Secure the chair against a wall for standing work. Keep breathing; use a comfortable range and stop if you feel pain, dizziness, or unusual breathlessness. Seek urgent medical help for chest pressure, sudden weakness, or severe shortness of breath. If you are pregnant, recovering from surgery, or managing a heart, blood-pressure, eye, spinal, or balance condition, ask your clinician about suitable modifications. This is educational guidance, not a substitute for medical care or individual instruction.

CHOOSE YOUR SUPPORT

Use a sturdy chair without wheels. Allow enough room to move the arms and legs freely. For standing work, secure the chair against a wall and keep reliable support within easy reach.

CHOOSE YOUR RANGE

Begin with the easier option. You do not need to complete all the movements or match the depth in an illustration. Keep breathing and rest before fatigue affects control.

CARE FOR YOUR SPINE

If you have osteoporosis or a vertebral fracture, seek individualized guidance before spinal bending or twisting; use the modifications advised for you.

USE THE GUIDE WITH JUDGMENT

The strength section includes warmups and mobility work as well as strengthening movements. This collection is not a complete exercise prescription or a promise of a particular health outcome.

Sources: NCCIH yoga guidance; NHS sitting exercises; Too Fit To Fracture consensus recommendations. Full references are at the back of this guide.

ARRIVE. MOVE. RETURN TO STILLNESS.

A simple sequence

Follow this order at your own pace. It is not a timed workout. Pause between movements, and leave out anything that does not suit you.

01

ARRIVE

Sit comfortably and notice a few natural breaths.

02

FIND YOUR BASE

Seated Mountain, followed by a comfortable shoulder movement.

03

MOVE THE LEGS

Try leg extensions and gentle marching, using the easier options as needed.

04

CHOOSE YOUR SUPPORT

Continue seated, or add a supported weight shift if standing is steady for you.

05

SETTLE

Return to your seat and finish with natural breathing.

Stay seated if standing feels uncertain. Natural breath awareness is always an alternative to a controlled breathing technique.

01 / CHAIR YOGA

Strength & functional movement

Find a steady seated base. Explore joint movement, leg work, and the actions used to rise, reach, and turn.



IN THIS SECTION

01 Seated Mountain

02 Seated Cat-Cow

03 Seated Cobra

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08 Modified Seated Boat

09 Sit-to-Stand

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12 Seated Twist with Self-Resistance

13 Seated Eagle Arms

Read the setup and cautions on page 3 before beginning. Illustrations show a shape rather than a required range.

CHAIR YOGA / STRENGTH & MOVEMENT / 01

Seated Mountain

Seated

adapted from ताडासन, tādāsana

Find a steady seated base and make space for comfortable movement.



Choose a comfortable range; the illustration is not a depth target.

SET UP

Sit near the front half of the chair. Place feet hip-width apart, knees over ankles, and hands on the thighs.

THE MOVEMENT

1. Inhale and lengthen from the sitting bones through the crown.
2. Exhale and soften the ribs over the pelvis while the feet press evenly into the floor.
3. Inhale and reach the arms forward and overhead within a comfortable shoulder range.
4. Exhale and return the hands to the thighs without collapsing the chest.

BREATH & PACE

Hold the upright seat for 3 to 5 breaths.

Chair adaptation: Rajiv Lulla. General exercise references are at the back of this guide.

MAKE IT EASIER

Keep the hands on the thighs and make the arm movement smaller.

TAKE CARE

Take care if overhead reaching causes shoulder pinching, neck pain, or tingling in the hands.

VARIATION

Keep the same range and support. Progress with individual instruction.

CHAIR YOGA / STRENGTH & MOVEMENT / 02

Seated Cat-Cow

Seated

मार्जारी आसन, mārjārī āsana

Move the spine through gentle flexion and extension while the pelvis stays supported.



Choose a comfortable range; the illustration is not a depth target.

SET UP

Sit near the front of the chair with feet grounded and hands on the thighs.

THE MOVEMENT

1. Inhale, tip the pelvis forward, widen the collarbones, and lift the breastbone for Cow.
2. Exhale, tip the pelvis back, draw the abdomen gently inward, and round the mid-back for Cat.
3. Continue between the two shapes without throwing the head backward.

BREATH & PACE

Repeat 6 to 8 cycles.

Chair adaptation: Rajiv Lulla. General exercise references are at the back of this guide.

MAKE IT EASIER

Move only the pelvis and lower ribs through a small range.

TAKE CARE

Take care if spinal flexion or extension reproduces radiating pain, dizziness, or recent surgical pain. If you have osteoporosis or a vertebral fracture, seek individualized guidance before spinal bending or twisting; use the modifications advised for you.

VARIATION

Keep the same range and support. Progress with individual instruction.

CHAIR YOGA / STRENGTH & MOVEMENT / 03

Seated Cobra

Seated

adapted from भुजङ्गासन, bhujaṅgāsana

Gently broaden the chest and explore shoulder-blade movement.



Choose a comfortable range; the illustration is not a depth target.

SET UP

Sit tall with feet flat. Bend the elbows to 90 degrees and hold the upper arms close to the ribs.

THE MOVEMENT

1. Inhale and lengthen the spine.
2. Exhale, draw the elbows and shoulder blades back, and lift the breastbone slightly.
3. Inhale and return the elbows beside the ribs while keeping the neck long.

BREATH & PACE

Repeat 6 to 8 times.

Chair adaptation: Rajiv Lulla. General exercise references are at the back of this guide.

MAKE IT EASIER

Keep the hands on the thighs and make a small collarbone widening action.

TAKE CARE

Take care if the movement causes shoulder pinching, arm numbness, or discomfort at the front of the neck.

VARIATION

Keep the same range and support. Progress with individual instruction.

CHAIR YOGA / STRENGTH & MOVEMENT / 04

Seated Warrior I

Seated

adapted from वीरभद्रासन I, vīrabhadraśana I

Load the legs asymmetrically while the chair supports the pelvis.



Choose a comfortable range; the illustration is not a depth target.

SET UP

Turn to sit sideways on the chair. Keep the front knee bent over the ankle and extend the outer leg back with the ball of the foot on the floor.

THE MOVEMENT

1. Inhale and lengthen the torso upright.
2. Exhale and press both feet into the floor without moving the chair.
3. Inhale and raise the arms overhead or keep hands at the hips.
4. Exhale and lower the arms before changing sides.

BREATH & PACE

Hold 3 breaths on each side.

Chair adaptation: Rajiv Lulla. General exercise references are at the back of this guide.

MAKE IT EASIER

Shorten the stance and keep both hands at the hips.

TAKE CARE

Take care if the front knee hurts, the back foot cramps, or the hip position strains the lower back.

VARIATION

Keep your weight on the chair; explore a comfortable arm reach without lifting the pelvis.

CHAIR YOGA / STRENGTH & MOVEMENT / 05

Seated Warrior II

Seated

adapted from वीरभद्रासन II, vīrabhadraśana II

Build hip and shoulder endurance in a wide, supported position.



Choose a comfortable range; the illustration is not a depth target.

SET UP

Sit sideways near the chair edge. Bend the front knee over the ankle and open the other leg to the side with that foot grounded.

THE MOVEMENT

1. Inhale and open both arms to shoulder height.
2. Exhale and press the feet down as the torso stays centered over the pelvis.
3. Inhale and reach through both fingertips.
4. Exhale and lower the arms before changing sides.

BREATH & PACE

Hold 3 to 5 breaths on each side.

Chair adaptation: Rajiv Lulla. General exercise references are at the back of this guide.

MAKE IT EASIER

Keep hands at the hips and narrow the stance.

TAKE CARE

Take care if the groin feels strained or the front knee moves inward and cannot be realigned.

VARIATION

Keep the front foot grounded and the knee aligned with the toes; vary the arm reach only within a comfortable range.

CHAIR YOGA / STRENGTH & MOVEMENT / 06

Seated Leg Extension

Seated

adapted from दण्डासन, *daṇḍāsana*

Strengthen the quadriceps by straightening one knee against gravity.



Choose a comfortable range; the illustration is not a depth target.

SET UP

Sit tall with both feet flat. Hold the sides of the chair lightly.

THE MOVEMENT

1. Inhale and prepare with the spine upright.
2. Exhale and straighten the right knee until the leg is near parallel to the floor.
3. Inhale and lower the foot with control.
4. Repeat on the left side.

BREATH & PACE

Complete 6 to 8 repetitions per side.

Chair adaptation: Rajiv Lulla. General exercise references are at the back of this guide.

MAKE IT EASIER

Straighten the knee halfway and keep the toes relaxed.

TAKE CARE

Take care if knee locking, kneecap pain, or a pulling sensation behind the knee appears.

VARIATION

Keep the same range and support. Progress with individual instruction.

CHAIR YOGA / STRENGTH & MOVEMENT / 07

Seated Marching

Seated

Train hip flexion and trunk steadiness through alternating knee lifts.

SET UP

Sit tall near the front half of the seat. Hold the chair sides and place both feet under the knees.

THE MOVEMENT

1. Exhale and lift the right foot a few inches while the knee stays bent.
2. Inhale and place the foot quietly on the floor.
3. Exhale and lift the left foot.
4. Continue alternating while the trunk stays still.

BREATH & PACE

March for 20 to 30 seconds.

Chair adaptation: Rajiv Lulla. General exercise references are at the back of this guide.

MAKE IT EASIER

Lift only the heel and keep the toes touching the floor.

TAKE CARE

Take care if lifting a knee causes groin pain, hip pinching, or loss of upright control.

VARIATION

Keep the same range and support. Progress with individual instruction.

CHAIR YOGA / STRENGTH & MOVEMENT / 08

Modified Seated Boat

Seated · progression

adapted from नावासन, nāvāsana

Challenge the abdominal wall while the chair supports the pelvis and back of the thighs.

SET UP

Sit near the front of the chair and hold the seat edges. Lean back a few degrees with the spine long.

THE MOVEMENT

1. Inhale and brace the feet into the floor.
2. Exhale, lean back slightly, and lift one foot while the trunk stays long.
3. Inhale and lower the foot.
4. Change sides, or lift both heels while the toes remain down.

BREATH & PACE

Hold each side for 2 breaths and repeat 4 times.

MAKE IT EASIER

Keep both feet down and lean back only one inch.

TAKE CARE

Take care if you have acute lower-back pain, a recent abdominal procedure, hernia symptoms, or breath holding. If you have osteoporosis or a vertebral fracture, seek individualized guidance before spinal bending or twisting; use the modifications advised for you.

VARIATION

Keep at least one foot grounded and both hands supporting you. Do not progress to lifting both feet from written instructions alone.

Chair adaptation: Rajiv Lulla. General exercise references are at the back of this guide.

CHAIR YOGA / STRENGTH & MOVEMENT / 09

Sit-to-Stand

Standing

adapted from उत्कटासन, utkaṭāsana

Practice the coordinated leg and hip effort used to rise from a chair.

SET UP

Place the chair against a wall. Sit near the front edge with feet slightly behind the knees and hip-width apart. Use hand support as needed; do not pull on a movable object.

THE MOVEMENT

1. Inhale and lean the torso forward from the hips with a long spine.
2. Exhale, press through both feet, and stand tall.
3. Inhale and send the hips back toward the chair.
4. Exhale and lower with control until the pelvis meets the seat.

BREATH & PACE

Repeat 4 to 6 times.

Chair adaptation: Rajiv Lulla. General exercise references are at the back of this guide.

MAKE IT EASIER

Use your hands to push from a stable chair seat or fixed support. If you cannot rise steadily, practise with an instructor or choose seated leg extensions.

TAKE CARE

Take care if you feel dizzy on standing, the knees buckle, or pain prevents even pressure through both feet.

VARIATION

Keep the same range and support. Progress with individual instruction.

CHAIR YOGA / STRENGTH & MOVEMENT / 10

Chair Pose Hover

Standing · progression

adapted from उत्कटासन, utkaṭāsana

Build leg endurance by holding just above the seat with a clear landing place below.

SET UP

Use this progression only after a steady sit-to-stand. Stand in front of a chair secured against a wall, feet hip-width apart. Have a fixed support within reach if needed.

THE MOVEMENT

1. Inhale and lengthen the torso.
2. Exhale, bend the knees, send the hips back, and hover one to three inches above the seat.
3. Inhale while holding the hover with knees tracking over the feet.
4. Exhale to stand or sit fully.

BREATH & PACE

Hold for 1 breath and repeat 3 to 4 times.

Chair adaptation: Rajiv Lulla. General exercise references are at the back of this guide.

MAKE IT EASIER

Return to a comfortable, supported sit-to-stand. Skip hovering if you need assistance to stand safely.

TAKE CARE

Take care if knee pain, shaking that prevents control, or dizziness makes the hover uncertain.

VARIATION

Keep the same range and support. Progress with individual instruction.

CHAIR YOGA / STRENGTH & MOVEMENT / 11

Wall Press-up

Standing

Explore a controlled pushing movement against a stable wall.

SET UP

Face a clear, solid wall. Place your palms on the wall at chest height, about shoulder-width apart. Stand at a comfortable distance with feet secure.

THE MOVEMENT

1. Keep your body in a comfortable straight line and bend the elbows slowly to bring your chest toward the wall.
2. Keep the feet grounded and avoid arching the lower back.
3. Press gently through the palms to return to the starting position. Keep breathing throughout.

BREATH & PACE

Begin with a few comfortable repetitions, resting when needed. Add repetitions gradually only if movement stays easy to control.

Adapted from NHS Strength exercises: wall press-up.

MAKE IT EASIER

Stand closer to the wall and use a smaller elbow bend.

TAKE CARE

Stop for wrist, elbow, shoulder, or back pain. Use a solid wall and a non-slip floor; do not use a door or movable chair as the pushing surface.

VARIATION

Increase the distance from the wall slightly only when the movement remains comfortable and controlled.

CHAIR YOGA / STRENGTH & MOVEMENT / 12

Seated Twist with Self-Resistance

Seated

adapted from अर्ध मत्स्येन्द्रासन, ardha matsyendrāsana

Explore a small, controlled turn while the feet and pelvis stay steady.

SET UP

Sit tall with feet flat. Place the right palm against the outside of the left thigh and the left hand at the chair side.

THE MOVEMENT

1. Inhale and lengthen the spine.
2. Exhale and turn the ribs gently left. Let the right palm make light contact with the outside of the left thigh; do not use it to pull yourself farther.
3. Inhale and return to center.
4. Repeat on the other side.

BREATH & PACE

Hold the effort for 2 breaths per side and repeat twice.

MAKE IT EASIER

Use very light hand pressure and a smaller turn.

TAKE CARE

Take care if rotation causes radiating back pain, rib pain, dizziness, or recent surgical discomfort. If you have osteoporosis or a vertebral fracture, seek individualized guidance before spinal bending or twisting; use the modifications advised for you.

VARIATION

Keep the turn small and avoid increasing hand pressure or pulling into the twist.

Chair adaptation: Rajiv Lulla. General exercise references are at the back of this guide.

CHAIR YOGA / STRENGTH & MOVEMENT / 13

Seated Eagle Arms

Seated

adapted from गरुडासन, garuḍāsana

Finish the strength sequence with upper-back breadth and gentle shoulder work.



Choose a comfortable range; the illustration is not a depth target.

SET UP

Sit tall. Reach both arms forward at shoulder height and bend the elbows.

THE MOVEMENT

1. Inhale and widen the shoulder blades.
2. Exhale, cross the right upper arm over the left and bring the backs of the hands together.
3. Inhale and lift the elbows slightly while the shoulders stay low.
4. Exhale, release, and repeat with the left arm on top.

BREATH & PACE

Hold 3 breaths per side.

Chair adaptation: Rajiv Lulla. General exercise references are at the back of this guide.

MAKE IT EASIER

Hug opposite shoulders with the hands.

TAKE CARE

Take care if the position causes shoulder pinching, arm tingling, or neck strain.

VARIATION

Keep the same range and support. Progress with individual instruction.

01 / CHAIR YOGA

Balance & mobility

Move through a comfortable range. Stay seated or choose supported standing work when it suits you.



IN THIS SECTION

01 Neck Range

02 Shoulder Circles

03 Seated Lateral Bend

04 Seated Spinal Rotation

05 Seated Hip Rotation

06 Ankle Circles and Alphabet

07 Chair-Supported Weight Shift

08 Supported Heel Raise

09 Supported Toe Raise

10 Supported Single-Leg Lift

Read the setup and cautions on page 3 before beginning. Illustrations show a shape rather than a required range.

CHAIR YOGA / BALANCE & MOBILITY / 01

Neck Range

Seated

Explore comfortable neck rotation and side bending without momentum.

SET UP

Sit tall with hands on thighs and gaze level.

THE MOVEMENT

1. Exhale and turn the head slowly to the right while the breastbone stays forward.
2. Inhale back to center, then exhale to the left.
3. Inhale to center, then exhale and tip the right ear slightly toward the right shoulder.
4. Return and repeat to the left.

BREATH & PACE

Repeat each direction 3 times.

Chair adaptation: Rajiv Lulla. General exercise references are at the back of this guide.

MAKE IT EASIER

Reduce the range and keep the eyes moving before the head follows.

TAKE CARE

Take care if you have vertigo, recent neck injury, arm tingling, or pain that travels into the shoulder.

VARIATION

Keep the same range and support. Progress with individual instruction.

CHAIR YOGA / BALANCE & MOBILITY / 02

Shoulder Circles

Seated

Move the shoulder blades through elevation, retraction, and depression.

SET UP

Sit tall with fingertips resting on the shoulders or hands on the thighs.

THE MOVEMENT

1. Inhale and draw the shoulders forward and up.
2. Exhale and circle them back and down.
3. Complete several slow circles, then reverse the direction.

BREATH & PACE

Complete 5 circles each way.

Chair adaptation: Rajiv Lulla. General exercise references are at the back of this guide.

MAKE IT EASIER

Keep hands on thighs and circle one shoulder at a time.

TAKE CARE

Take care if shoulder motion causes catching, sharp pain, or arm numbness.

VARIATION

Keep the same range and support.
Progress with individual instruction.

CHAIR YOGA / BALANCE & MOBILITY / 03

Seated Lateral Bend

Seated

adapted from पार्श्व ऊर्ध्व हस्तासन, pārsva ūrdhva hastāsana

Create controlled side-body length while both sitting bones remain grounded.



Choose a comfortable range; the illustration is not a depth target.

SET UP

Sit tall with feet flat. Hold the chair side with the left hand and reach the right arm overhead.

THE MOVEMENT

1. Inhale and lengthen through the raised fingertips.
2. Exhale and arc the ribs slightly left without lifting the right sitting bone.
3. Inhale back to center and lower the arm.
4. Repeat on the other side.

BREATH & PACE

Hold 2 to 3 breaths per side.

Chair adaptation: Rajiv Lulla. General exercise references are at the back of this guide.

MAKE IT EASIER

Keep the top hand at the shoulder and make a smaller side bend.

TAKE CARE

Take care if overhead reach causes shoulder pain or side bending causes rib or spinal pain. If you have osteoporosis or a vertebral fracture, seek individualized guidance before spinal bending or twisting; use the modifications advised for you.

VARIATION

Keep the same range and support. Progress with individual instruction.

CHAIR YOGA / BALANCE & MOBILITY / 04

Seated Spinal Rotation

Seated

adapted from अर्ध मत्स्येन्द्रासन, ardha matsyendrāsana

Practice a gentle rib-cage turn while the pelvis remains steady.

SET UP

Sit tall with feet flat and hands resting on the thighs.

THE MOVEMENT

1. Inhale and lengthen through the crown.
2. Exhale, turn the ribs right, place the left hand on the right thigh, and keep both knees forward.
3. Inhale back to center.
4. Repeat to the left.

BREATH & PACE

Hold 2 breaths per side and repeat twice.

MAKE IT EASIER

Turn only the upper ribs and keep both hands on the thighs.

TAKE CARE

Take care if rotation causes radiating pain, dizziness, or symptoms after spinal surgery. If you have osteoporosis or a vertebral fracture, seek individualized guidance before spinal bending or twisting; use the modifications advised for you.

VARIATION

Keep the same range and support. Progress with individual instruction.

Chair adaptation: Rajiv Lulla. General exercise references are at the back of this guide.

CHAIR YOGA / BALANCE & MOBILITY / 05

Seated Hip Rotation

Seated

Move the thigh at the hip while the pelvis stays supported.

SET UP

Sit tall and slide the right foot slightly forward. Place both hands behind the right thigh.

THE MOVEMENT

1. Inhale and lift the right knee only as high as the pelvis remains level.
2. Exhale and guide the knee a few inches outward.
3. Inhale back to center and place the foot down.
4. Repeat on the left.

BREATH & PACE

Repeat the outward-and-return movement 4 to 6 times on each side. Do not force a circular range.

Chair adaptation: Rajiv Lulla. General exercise references are at the back of this guide.

MAKE IT EASIER

Keep the toes on the floor and move the knee side to side.

TAKE CARE

Take care if the hip catches, groin pain appears, or a hip replacement has movement restrictions.

VARIATION

Keep the same range and support. Progress with individual instruction.

CHAIR YOGA / BALANCE & MOBILITY / 06

Ankle Circles and Alphabet

Seated

Move the ankle through several directions while the thigh stays quiet.

SET UP

Sit tall and extend the right heel slightly forward. Hold the chair sides.

THE MOVEMENT

1. Exhale and lift the right foot a few inches.
2. Breathe normally while tracing 5 slow circles with the toes.
3. Reverse the circles, then trace a small alphabet if comfortable.
4. Lower the foot and change sides.

BREATH & PACE

Use 5 circles each way per ankle.

Chair adaptation: Rajiv Lulla. General exercise references are at the back of this guide.

MAKE IT EASIER

Keep the heel on the floor and draw circles with the forefoot.

TAKE CARE

Take care if ankle swelling, recent sprain, or sharp joint pain limits the range.

VARIATION

Keep the same range and support. Progress with individual instruction.

CHAIR YOGA / BALANCE & MOBILITY / 07

Chair-Supported Weight Shift

Supported standing

Practice moving body weight from one foot to the other with both hands supported.



Secure the chair against a wall before standing.

SET UP

Secure the chair against a wall on a non-slip floor. Stand behind it with both hands on the backrest and feet hip-width apart.

THE MOVEMENT

1. Inhale at center with weight even across both feet.
2. Exhale and shift the pelvis over the right foot while both feet stay down.
3. Inhale back to center.
4. Exhale left and continue slowly.

BREATH & PACE

Repeat 6 shifts per side.

Chair adaptation: Rajiv Lulla. General exercise references are at the back of this guide.

MAKE IT EASIER

Make the shift small and keep a firm two-hand grip.

TAKE CARE

Take care if standing causes dizziness, the knees buckle, or the chair is not secure.

VARIATION

Keep the same range and support. Progress with individual instruction.

CHAIR YOGA / BALANCE & MOBILITY / 08

Supported Heel Raise

Supported standing

Train ankle plantar flexion and steady vertical lift with chair support.



Secure the chair against a wall before standing.

SET UP

Secure the chair against a wall on a non-slip floor. Stand behind a secured chair with both hands on the backrest and feet parallel.

THE MOVEMENT

1. Inhale and lengthen upward through the crown.
2. Exhale and lift both heels while weight spreads across the bases of the toes.
3. Inhale at the top.
4. Exhale and lower the heels slowly.

BREATH & PACE

Repeat 6 to 8 times.

Chair adaptation: Rajiv Lulla. General exercise references are at the back of this guide.

MAKE IT EASIER

Lift the heels only a small amount and use firm hand support.

TAKE CARE

Take care if you have acute calf pain, Achilles tendon pain, foot numbness, or unstable ankles.

VARIATION

Keep the same range and support. Progress with individual instruction.

CHAIR YOGA / BALANCE & MOBILITY / 09

Supported Toe Raise

Supported standing

Strengthen the muscles at the front of the lower leg while the heels stay grounded.



Secure the chair against a wall before standing.

SET UP

Secure the chair against a wall on a non-slip floor. Stand behind a secured chair with both hands supported and feet parallel.

THE MOVEMENT

1. Inhale with weight centered over the feet.
2. Exhale and lift the toes and forefeet while both heels remain down.
3. Inhale at the top.
4. Exhale and lower the forefeet quietly.

BREATH & PACE

Repeat 6 to 8 times.

Chair adaptation: Rajiv Lulla. General exercise references are at the back of this guide.

MAKE IT EASIER

Practise seated with both heels grounded. Lift the toes gently and lower them with control.

TAKE CARE

Take care if balance shifts suddenly backward or shin and ankle pain appears.

VARIATION

Keep the same range and support. Progress with individual instruction.

CHAIR YOGA / BALANCE & MOBILITY / 10

Supported Single-Leg Lift

Supported standing

Practice brief single-leg balance while the chair provides adjustable support.



Secure the chair against a wall before standing.

SET UP

Secure the chair against a wall on a non-slip floor. Stand behind it with both hands on the backrest and choose a fixed gaze point.

THE MOVEMENT

1. Inhale and shift weight into the left foot.
2. Exhale and lift the right heel, then lift the whole foot if steady.
3. Breathe normally for the hold.
4. Lower the foot, reset, and change sides.

BREATH & PACE

Hold 2 to 3 breaths per side.

Chair adaptation: Rajiv Lulla. General exercise references are at the back of this guide.

MAKE IT EASIER

Keep the lifted toes on the floor as a kickstand.

TAKE CARE

Take care if you have frequent falls, new dizziness, leg weakness, or cannot secure the chair against a wall.

VARIATION

Keep the same range and support. Progress with individual instruction.

02 / PRANAYAMA · प्राणायाम

Let attention follow the breath

Begin by noticing. The three introductory practices that follow use a comfortable breath without force or retention.

NATURAL BREATH AWARENESS

Notice the breath as it is. No count or target is needed.

ALTERNATE-NOSTRIL BREATHING

A light hand position guides a gentle alternating pattern. Never force airflow through a blocked nostril.

COOLING BREATH

A gentle oral inhale and nasal exhale, with an alternative for those whose tongue does not naturally roll.

COMFORT COMES FIRST

Return to natural breathing if control creates anxiety, dizziness, or breathlessness. Do not add breath holds. Read the general guidance on page 3.

Kapalabhati and Bhastrika appear later as teacher-guided references. They are not part of this introductory sequence. NCCIH advises beginners to avoid forceful breathing.

02 / PRANAYAMA / 01

Natural Breath Awareness

[Begin here](#)

Settle into your seat and notice the breath you already have.

SET UP

Sit comfortably with your feet supported. Rest your hands on the thighs. Keep your eyes open or softly lowered.

HOW TO PRACTISE

1. Notice the next inhale and exhale without changing their depth or speed.
2. Let the shoulders and jaw soften. You do not need to take a bigger breath.
3. When attention wanders, gently return to the feeling of breathing.
4. Finish by noticing your feet and the support of the chair.

BREATH & PACE

Stay for a few comfortable breaths. There is no target count and no breath hold.

Introductory attention practice for this guide.

MAKE IT EASIER

Keep your attention on the feet or another comfortable point if watching the breath feels unsettling.

TAKE CARE

Stop directing attention to the breath if it causes anxiety or light-headedness. Let breathing settle naturally.

VARIATION

Remain with natural breathing; there is no need to make it slower or deeper.

02 / PRANAYAMA / 02

Alternate-Nostril Breathing

Gentle practice

अनुलोम विलोम, anuloma viloma

Alternate airflow between the nostrils with Viṣṇu mudrā and no retention.

SET UP

Sit upright and rest the left hand on the thigh. Form Viṣṇu mudrā (वृष्ण मुद्रा, viṣṇu mudrā) with the right hand: fold the index and middle fingers inward, keep the ring and little fingers together, and use the thumb and the last two fingers at the nostrils.

HOW TO PRACTISE

1. Close the right nostril with the right thumb and inhale through the left.
2. Close the left nostril with the joined ring and little fingers; release the thumb and exhale through the right.
3. Inhale through the right; close it with the thumb, release the ring and little fingers, and exhale through the left.
4. This completes one round. Keep the touch light and the breath quiet.

BREATH & PACE

Begin with 4 rounds at an even, comfortable count.

Modern teaching context: Swami Satyananda Saraswati, Asana Pranayama Mudra Bandha, Nadi Shodhana section. This version uses no retention.

MAKE IT EASIER

Return to natural breathing whenever you need to.

TAKE CARE

Take care if a nostril is fully blocked, finger pressure causes pain, breath control creates anxiety, or any retention has been restricted by your clinician.

VARIATION

Keep the breath comfortable. Do not add retention or force.

02 / PRANAYAMA / 03

Cooling Breath

Gentle practice

शीतली, śītalī

Draw air through a curled tongue, then exhale gently through the nose.



A gentle oral inhale, followed by a nasal exhale. No breath holds.

SET UP

Sit tall with hands relaxed. Curl the sides of the tongue into a tube if that shape is naturally available.

HOW TO PRACTISE

1. Extend the curled tongue slightly through the lips.
2. Inhale slowly through the tongue tube.
3. Close the mouth and exhale gently through both nostrils.
4. If the tongue does not roll, use Hissing breath (सीत्कारी, śītkārī): rest the tongue behind lightly parted teeth and inhale through the teeth.

BREATH & PACE

Begin with 4 rounds.

Historical context: Hatha Yoga Pradipika 2.54-58. This modern introductory version omits the retention described in traditional practice.

MAKE IT EASIER

Return to natural breathing whenever you need to.

TAKE CARE

Take care if cold air irritates the teeth, throat, or lungs, or if open-mouth breathing worsens asthma symptoms. Stop if dizziness appears.

VARIATION

Keep the breath comfortable. Do not add retention or force.

PRANAYAMA / TRADITIONAL CONTEXT

Learn with a teacher

These forceful practices require individual guidance. This guide does not prescribe their speed, rounds, or duration.

Kapalabhati

कपालभाति · kapālabhāti

A cleansing practice commonly taught with brief active exhalations and passive inhalations. It differs from Bhastrika, where both phases are active.

Take care if you have hypertension, heart disease, hernia, pregnancy, recent abdominal surgery, glaucoma, dizziness, reflux aggravated by pressure, or pelvic-floor symptoms. Skip the practice unless your physician and instructor approve it.

Historical context: Hatha Yoga Pradipika 2.35 and Gheranda Samhita 1.55-60. The latter describes several forms, including water-based practices; these are not interchangeable instructions.

Bhastrika

भस्त्रिका · bhastrikā

A forceful breathing practice with active inhalations and exhalations, traditionally compared with a bellows. Learn the technique and any pacing in person from a qualified teacher.

Take care if you have hypertension, heart disease, hernia, pregnancy, recent abdominal surgery, glaucoma, panic symptoms, dizziness, or respiratory illness. Skip the practice unless your physician and instructor approve it.

Historical context: Hatha Yoga Pradipika 2.44 and 2.59-67. Traditional versions include elements beyond the beginner practices in this guide.

03 / CHAKRAS · चक्र

A map for contemplation

Chakras are traditional subtle-body concepts, not anatomical organs or a diagnostic system. Read each tradition with its source in view.

	Sahasrāra	Crown
	Ājñā	Brow
	Viśuddha	Throat
	Anāhata	Heart
	Maṇipūra	Navel
	Svādhiṣṭhāna	Sacral
	Mūlādhāra	Root

Colors above follow the modern rainbow convention. The classical lotus colors and symbols described on the following pages differ.

CLASSICAL SOURCE

The Shat-chakra-nirupana through its translation and commentary in *The Serpent Power*. The crown is above the six principal centers of the classical sequence.

Modern interpretations and the Integral Yoga summary are labeled separately. The linked *Serpent Power* compilation contains later additions as well as the translated classical text.

03 / CHAKRAS / 01

Mūlādhāra

मूलाधार · Root

Classical: below the genitals and above the anus, at the base of the central channel. Approximate landmark: perineum and base of the spine.

PETALS

4

ELEMENT

Earth

पृथिवी · pṛthivī

SEED SOUND

लं / laṃ

CLASSICAL DESCRIPTION

Crimson petals with golden letters; a shining yellow earth square in the center.

Form: yellow square. Deity: Brahmā.

Traditional: this is the support lotus at the root of the central channel and the resting place from which the ascent practice begins.

MODERN INTERPRETATION

Modern teaching sources use red and connect the root center with stability, security, and groundedness.

INTEGRAL YOGA INTERPRETATION

Integral Yoga places this center in the physical and subconscious zone and associates it with physical vitality or inertia. The Auroville summary gives its color as red.

Integral Yoga: secondary summary from Auroville Adventure; a separate interpretive tradition.

Ṣaṭ-cakra-nirūpaṇa, verses 4-13; translated with commentary in The Serpent Power. The linked compilation also contains later commentary.

03 / CHAKRAS / 02

Svādhiṣṭhāna

स्वाधिष्ठान · One's own abode / Sacral

Classical: at the root of the genitals within the central channel. Approximate landmark: low pelvis, in front of the sacrum.

PETALS

6

ELEMENT

Water

अप् · ap

SEED SOUND

वं / vaṃ

CLASSICAL DESCRIPTION

Vermilion lotus with lightning-bright letters; a white water region and white crescent in the center.

Form: white crescent. Deity: Viṣṇu.

Traditional: the text places the water region and its seed sound within this six-petalled lotus.

Contemplation is described within a larger process of refining attention through the subtle centers.

MODERN INTERPRETATION

Modern teaching sources use orange and connect the sacral center with creativity, emotion, and relationships.

INTEGRAL YOGA INTERPRETATION

Integral Yoga places this center in the lower vital zone and relates it to creative expression and lower vital impulses. The Auroville summary gives its color as deep purple-red.

Integral Yoga: secondary summary from Auroville Adventure; a separate interpretive tradition.

Ṣaṭ-cakra-nirūpaṇa, verses 14-18; translated with commentary in The Serpent Power. The linked compilation also contains later commentary.

03 / CHAKRAS / 03

Maṇipūra

मणपूर · City of jewels / Navel

Classical: at the root of the navel. Approximate landmark: the navel region along the central axis.

PETALS

10

ELEMENT

Fire

अग्नि · agni; तेजस् · tejas

SEED SOUND

रं / raṁ

CLASSICAL DESCRIPTION

Lotus the color of a heavy rain cloud, with blue-lotus letters; a red fire triangle shines like the rising sun.

Form: rising-sun red triangle. Deity: Rudra.

Traditional: this center is the region of fire and the navel lotus. Rudra presides within the fire region in the classical source.

MODERN INTERPRETATION

Modern teaching sources use yellow and connect the navel center with personal power, confidence, and purposeful action.

INTEGRAL YOGA INTERPRETATION

Integral Yoga places this center in the vital zone and relates it to ambition, possession, and conquest, together with joy and generosity. The Auroville summary gives its color as violet.

Integral Yoga: secondary summary from Auroville Adventure; a separate interpretive tradition.

Ṣaṭ-cakra-nirūpaṇa, verses 19-21; translated with commentary in The Serpent Power. The linked compilation also contains later commentary.

03 / CHAKRAS / 04

Anāhata

अनाहत · Unstruck / Heart

Classical: in the heart region above the navel lotus. Approximate landmark: center of the chest along the spine.

PETALS

12

ELEMENT

Air

वायु · vāyu

SEED SOUND

यं / yaṃ

CLASSICAL DESCRIPTION

Lotus bright like the deep-red bandhūka flower, with vermilion letters; a smoke-colored six-cornered air region in the center.

Form: smoke-colored six-pointed figure. Deity: Īśa (Īśāna Rudra).

Traditional: the heart lotus is compared with a celestial wish-fulfilling tree and is a seat for meditation on the inner self.

MODERN INTERPRETATION

Modern teaching sources use green and connect the heart center with love, compassion, and emotional balance.

INTEGRAL YOGA INTERPRETATION

Integral Yoga places this center in the vital zone and associates it with the emotional being, with the psychic being described behind it. The Auroville summary gives its color as golden-pink.

Integral Yoga: secondary summary from Auroville Adventure; a separate interpretive tradition.

Ṣaṭ-cakra-nirūpaṇa, verses 22-27; translated with commentary in The Serpent Power. The linked compilation also contains later commentary.

03 / CHAKRAS / 05

Viśuddha

वशिद्ध · Purification / Throat

Classical: at the base of the throat. Approximate landmark: throat center near the lower cervical spine.

PETALS

16

ELEMENT

Space

आकाश · ākāśa

SEED SOUND

हं / haṃ

CLASSICAL DESCRIPTION

Smoky-purple lotus with crimson vowels; a spotless white circular space region in the center.

Form: white circle. Deity: Sadāśiva.

Traditional: this center is associated with space and sound in the text's subtle-body sequence. The lunar region in its center is presented as a gateway used in advanced contemplation.

MODERN INTERPRETATION

Modern teaching sources use blue and connect the throat center with communication and expression.

INTEGRAL YOGA INTERPRETATION

Integral Yoga places this center among the mind centers and associates it with mental expression and the externalizing mind. The Auroville summary gives its color as grey.

Integral Yoga: secondary summary from Auroville Adventure; a separate interpretive tradition.

Ṣaṭ-cakra-nirūpaṇa, verses 28-31; translated with commentary in The Serpent Power. The linked compilation also contains later commentary.

03 / CHAKRAS / 06

Ājñā

आज्ञा · Command / Brow

Classical: between the eyebrows. Approximate landmark: the brow center, with the visualization oriented along the central axis.

PETALS

2

ELEMENT

Mind

मनस् · manas

Beyond the five gross elements

SEED SOUND

ॐ / om

CLASSICAL DESCRIPTION

Moon-white lotus with two white letters; the inner forms are described through luminous, moonlike, and lightning-like imagery.

Form: luminous inner triangle. Deity: Paramaśiva, often represented as Ardhanārīśvara.

Traditional: the text calls this the command center and locates subtle mind within its two-petalled lotus. Meditation here belongs to an advanced sequence directed by a teacher.

MODERN INTERPRETATION

Modern teaching sources use indigo and connect the brow center with intuition, wisdom, and insight.

INTEGRAL YOGA INTERPRETATION

Integral Yoga places this center among the mind centers and associates it with will, mental dynamism, knowledge, and awareness. The Auroville summary gives its color as white.

Integral Yoga: secondary summary from Auroville Adventure; a separate interpretive tradition.

Ṣaṭ-cakra-nirūpaṇa, verses 32-38; translated with commentary in The Serpent Power. The linked compilation also contains later commentary.

03 / CHAKRAS / 07

Sahasrāra

सहस्रार · Thousand-petalled / Crown

Classical: above the other centers at the crown. Approximate landmark: the top of the head and the space immediately above it.

PETALS

1,000

ELEMENT

None

Transcends the gross elements

SEED SOUND

मौन / silence; all bijas

CLASSICAL DESCRIPTION

Lotus whiter than the full moon, with filaments tinged like the young sun and white letters repeated across the petals.

Form: downward-facing lotus with an inner lunar region. Deity: Paramaśiva in union with divine power; the supplied mapping records infinite bliss without a separate deity.

Traditional: Sahasrara stands above the six centers and is described as a field of complete bliss and dissolution into the highest reality.

MODERN INTERPRETATION

Modern teaching sources use violet or white and connect the crown center with spiritual awareness and expanded consciousness.

INTEGRAL YOGA INTERPRETATION

Integral Yoga places this center in the superconscious zone and describes it as communicating with higher consciousness. The Auroville summary gives its color as blue with golden light.

Integral Yoga: secondary summary from Auroville Adventure; a separate interpretive tradition.

Ṣaṭ-cakra-nirūpaṇa, verse 40 and verses 41-49; translated with commentary in The Serpent Power. The linked compilation also contains later commentary.

READ WITH THE SOURCES IN VIEW

Sources & teaching context

Exercise guidance supports the general approach to movement and safety. Traditional texts document teaching contexts; they do not establish clinical benefits or suitable practice doses.

01 / YOGA: EFFECTIVENESS AND SAFETY

NCCIH. General guidance on yoga, beginners, modifications, and safety.

[Open the source](#)

02 / SITTING EXERCISES

NHS. Chair selection and introductory seated exercise.

[Open the source](#)

03 / STRENGTH EXERCISES

NHS. Introductory strength movements, including the wall press-up.

[Open the source](#)

04 / OLDER ADULT ACTIVITY GUIDELINES

CDC. Strength and balance as part of a broader physical-activity pattern.

[Open the source](#)

READ WITH THE SOURCES IN VIEW

Sources & teaching context

Exercise guidance supports the general approach to movement and safety. Traditional texts document teaching contexts; they do not establish clinical benefits or suitable practice doses.

05 / TOO FIT TO FRACTURE

Giangregorio and colleagues. Consensus recommendations, including individualized spine-sparing movement.

[Open the source](#)

06 / HATHA YOGA PRADIPIKA

Svātmārāma; Pancham Sinh translation. Chapter 2, especially verses 35, 44, and 54-67. Online typeset translation; traditional context, not clinical evidence.

[Open the source](#)

07 / GHERANDA SAMHITA

SanskritDocuments transcription, 1.55-60. Describes several kapalabhati forms.

[Open the source](#)

08 / ASANA PRANAYAMA MUDRA BANDHA

Swami Satyananda Saraswati, 4th revised edition, 2009. Nadi Shodhana section; publisher teaching context.

[Open the source](#)

READ WITH THE SOURCES IN VIEW

Sources & teaching context

Exercise guidance supports the general approach to movement and safety. Traditional texts document teaching contexts; they do not establish clinical benefits or suitable practice doses.

09 / THE SERPENT POWER / SHAT-CHAKRA-NIRUPANA

Pūrṇānanda; translated with commentary by John Woodroffe. The linked compilation includes subsequent additions by Veeraswamy Krishnaraj. Classical entries reference verses 4-49.

[Open the source](#)

10 / INTEGRAL YOGA INTERPRETATION

Auroville Adventure, An Introduction to the Chakras in Integral Yoga, 2021. A secondary summary, identified separately from the classical text.

[Open the source](#)

11 / MODERN CHAKRA INTERPRETATION

Anodea Judith, Wheels of Life. A modern interpretive source; publisher information.

[Open the source](#)

ABOUT THIS EDITION

Compiled by Rajiv Lulla for lulla.net. Chair adaptations and original illustrations derive from the supplied Chair Yoga Practice Guide. This edition reorganizes the material and separates beginner practice from teacher-guided context.

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