

Number 4 Pose in a Chair



YOGA MOVES **MS**

- Begin in Mountain Pose in a Chair.
- Lift your right foot, rotate the knee outward, and rest your right ankle on your left thigh.
- Flex your right foot, spread your toes, and press through the ball of the big toe as though it were against a wall.
- Press your left hand into the bottom of your right foot while your right-hand presses into your right thigh.
- You might fold forward over your bent right leg to increase the sensation of the hip or inner thigh stretch.
- Enjoy #4 Pose for 3 to 5 breaths.
- Practice the instructions above using the opposite side of your body

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**Yoga skills and techniques presented in this article are not a replacement for medical care or personal instruction from a qualified instructor. Before beginning your yoga practice, consult your physician for any contraindications to the poses and exercises listed such as neck, spine, wrist or ankle injury.