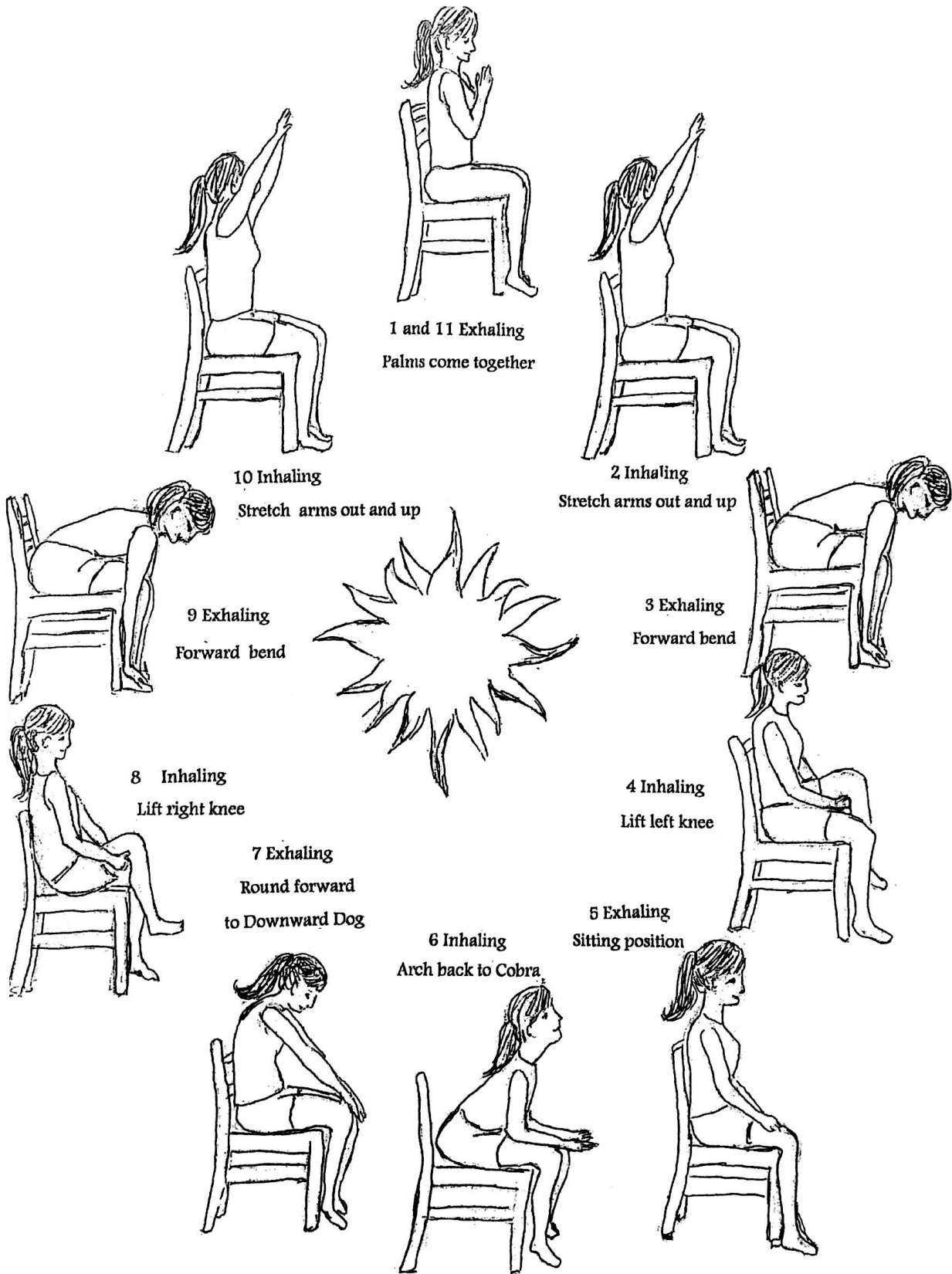


Chair Sun Salutation



Discuss any type of fitness program, including chair yoga, with your medical team before starting to ensure safety. This is especially important if disease or treatment have affected your bones.