A Trauma-Informed Chair Yoga Sequence for Building a Secure Attachment to the Self

Seated Cat/Cow Pose

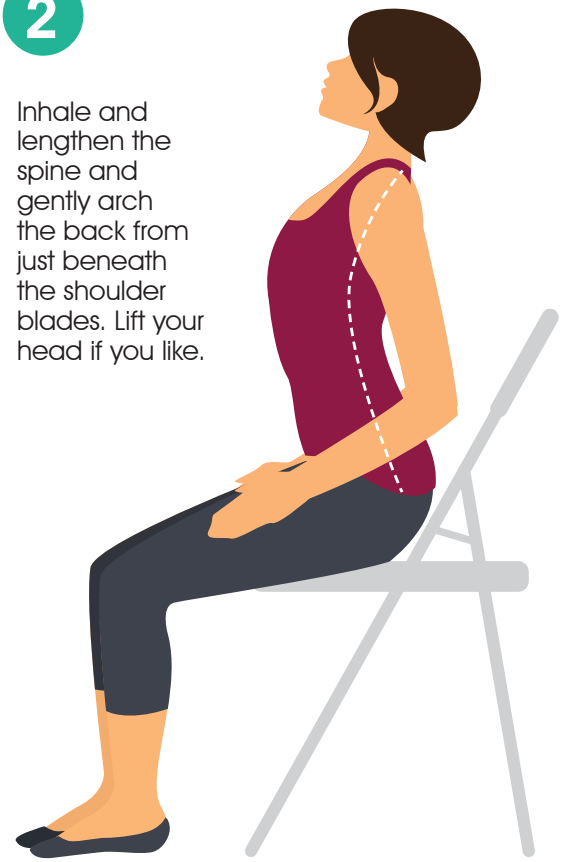
— Deepens your mind-body connection —

1

From a seated mountain pose, place the palms of your hands on your knees. Exhale and lean forward, rounding your back and curving your upper spine.

2

Inhale and lengthen the spine and gently arch the back from just beneath the shoulder blades. Lift your head if you like.



Continue with the movement for 5 to 10 rounds of breath.

Listen closely to your body with each round to decide how far to curve and stretch your back.

Want another yoga pose to help survivors break the agonizing grip of trauma? Watch a demonstration of seated forward bend pose here:

pesi.com/YogaForward

A Trauma-Informed Chair Yoga Sequence for Building a Secure Attachment to the Self

Goddess Side Stretch with Twist

Helps release tension and open chest and shoulder muscles

1

Establish a relaxed and alert seated posture, aligning the hips and shoulders.

2

Widen the legs to either side of the chair and turn the feet outwards. Place the palms of your hands on your knees and elongate the back.

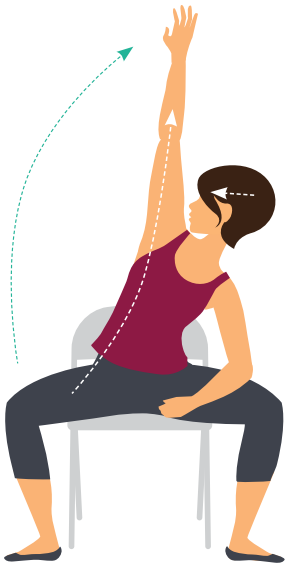
3

As you exhale, pivot from the waist so you can rest your left forearm on your left knee, shifting your right hand to your right thigh.

4

Inhale and raise your right arm straight up, open the side of your body and rotate your head to look towards your inner arm.

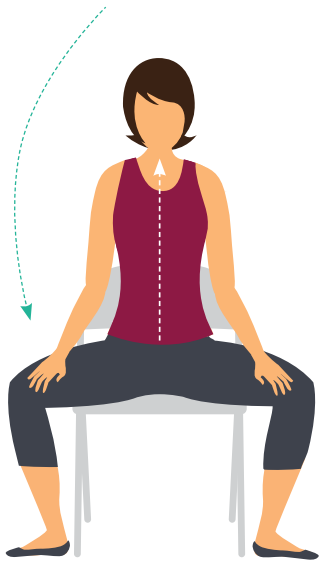
Hold the stretch for a series of 4 full, deep breaths, breathing into the area where you feel the stretch.



5

On the final exhale, sweep your arm down, straighten your spine and return your hands to your knees.

Repeat this stretch on the opposite side. Repeat for 2-3 rounds.



Want another yoga pose to help survivors break the agonizing grip of trauma? Discover grounding seated mountain pose at:

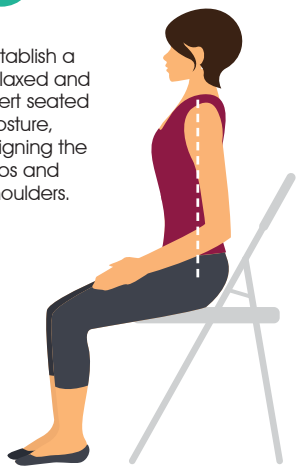
pesi.com/YogaMountain

A Trauma-Informed Chair Yoga Sequence for Building a Secure Attachment to the Self

Seated Forward Bend

Helps to soothe an anxious nervous system

1. Establish a relaxed and alert seated posture, aligning the hips and shoulders.



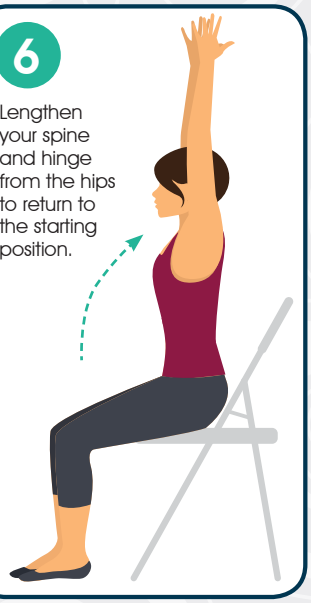
2. Inhale and raise your arms alongside your ears while you lengthen your spine.

3. Exhale while hinging forward from the hips, keeping your arms alongside your ears so they are reaching in front of you.

4. For comfort, you can move your hands to the elbows of the opposite arm. Take five slow deep breaths while you hold this position.

5. Inhale and slowly move your arms back to alongside your ears (if you moved them to your elbows).

6. Lengthen your spine and hinge from the hips to return to the starting position.



Want another yoga pose to help survivors break the agonizing grip of trauma? Check out goddess side stretch with a twist pose at:

pesi.com/YogaGoddess

A Trauma-Informed Chair Yoga Sequence for Building a Secure Attachment to the Self

Seated Mountain Pose

Brings your focus to the present moment

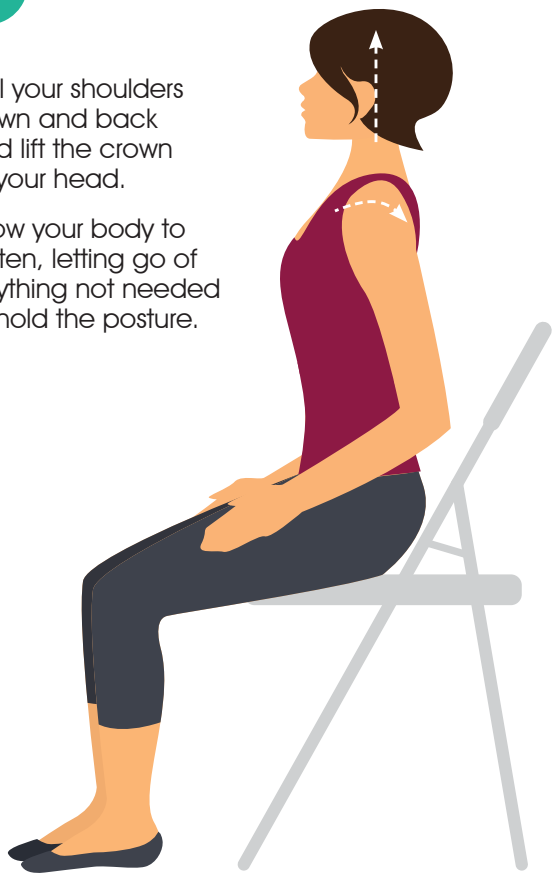
1

From a seated position, place your feet flat on the floor a comfortable distance apart. Lengthen and lift the spine.

2

Roll your shoulders down and back and lift the crown of your head.

Allow your body to soften, letting go of anything not needed to hold the posture.



Hold for 5 to 10 cycles of breath, focusing on the inhalation and exhalation.

Want another yoga pose to help survivors break the agonizing grip of trauma? Watch a demonstration of seated cat/cow pose here:

pesi.com/YogaCatCow