

# Yoga Chair



Introducing GAMA Yoga chair for physical, mental and spiritual disciplines. Practice Yoga postures, poses, Pranayamas & various mudras using adjustable GAMA Yoga chair.

Everyone has a different level of flexibility (or range of motion). Therefore, GAMA Chair Yoga™ is presented in low, moderate and high posture levels so you can learn how to adapt them to your personal needs. We have even accounted for varying degrees of flexibility in your upper and lower body as well as your right and left sides. This innovative fitness approach makes GAMA chair yoga programs suitable for all ages and all fitness levels.

Your level of flexibility may vary from day-to-day; so, vary your posture levels to ones that are comfortable for you while practicing chair yoga and incorporate proper breathing.

Deep breathing techniques fully oxygenate your body and massage your organs. This improves your energy and mental clarity while reducing pain and anxiety.

**YOGA - The Way Of Life...**



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