

**CHAIR YOGA: SEATED EXERCISES FOR HEALTH AND
WELLBEING**

Rhae Suresh

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Chair Yoga: Seated Exercises for Health and Wellbeing by Edeltraud Rohnfeld

Chair yoga is a revolutionary concept designed to make the numerous benefits of classical yoga available to a wider range of physical abilities.

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Booktopia has Chair Yoga DVD, Seated Exercises for Health and Wellbeing by Edeltraud Rohnfeld. Buy a discounted Paperback of Chair Yoga DVD online.

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I expected there to be modifications shown that can be done from a seated position. Edel Rohnfeld rated it it was amazing Aug 24, The book is well organized and thorough. GettoKnowUs. There is also a chapter on how to plan a chair yoga session withsa No trivia or quizzes. One person found this helpful. ReadmoreRead. I have trouble with my knees and the sitting yoga is perfect. Would have been really great if this had been .