

# 7 Safe & Easy Chair Yoga Poses for Asthma Relief

These can be done daily in under 15 minutes. Focus on *slow, relaxed breathing* through the nose.

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## 1. Seated Mountain + Deep Breathing

**How to do it:**

- Sit tall, feet flat, hands on thighs
- Inhale deeply, lifting chest slightly
- Exhale slowly, relaxing shoulders
- Repeat for 5 breaths

**Benefit:** Grounds the body and begins breath control.

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## 2. Chair Cat-Cow Stretch

**How to do it:**

- Place hands on knees
- Inhale, arch your back and look up (Cow)
- Exhale, round your spine and tuck chin (Cat)
- Repeat for 5–8 rounds

**Benefit:** Improves posture and spinal flexibility for better breathing.

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### 3. Seated Side Stretch

#### How to do it:

- Raise right arm, lean to the left
- Breathe into the open side
- Hold for 3–5 breaths, switch sides

**Benefit:** Expands ribcage, stretches intercostal muscles (between ribs).

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### 4. Chest Opener with Clasped Hands

#### How to do it:

- Clasp hands behind your back or grab chair sides
- Inhale and gently open chest
- Exhale slowly
- Repeat for 5 rounds

**Benefit:** Improves lung capacity by opening the front body.

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### 5. Seated Forward Fold (Modified)

#### How to do it:

- Sit at edge of chair
- Slowly fold forward with arms resting on knees
- Breathe deeply for 5–7 breaths

**Benefit:** Calms nervous system and eases tension in chest.

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## 6. Box Breathing (Pranayama)

**How to do it:**

- Inhale for 4 seconds
- Hold breath for 4 seconds
- Exhale for 4 seconds
- Hold again for 4 seconds
- Repeat for 5 cycles

**Benefit:** Calms the mind, reduces panic, improves breathing rhythm.

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## 7. Humming Bee Breath (Bhramari)

**How to do it:**

- Sit tall, close eyes
- Inhale deeply
- Exhale while making a gentle “mmm” humming sound
- Repeat 5–7 times

**Benefit:** Vibrations soothe airways, reduce anxiety, and clear nasal passages.