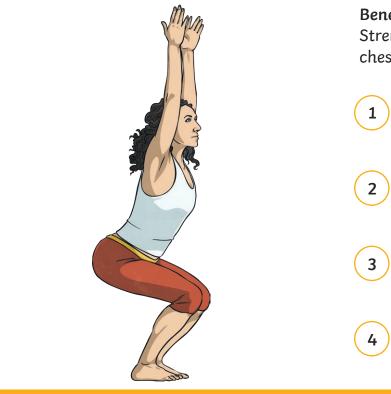
## **Chair Pose**

## Utkatasana



## **Benefits**

Strengthens legs, stretches shoulders and chest.

- Start in mountain pose. (Standing with your feet shoulder width apart and arms by your side.)
- Exhale, and bend your knees as if you were sitting in a chair.

Reach your arms towards the ceiling with your palms facing each other.

Hold this pose and breathe.