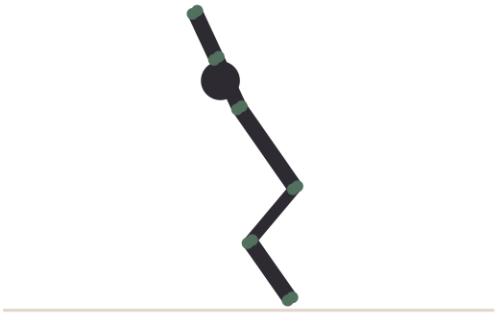
yogalike

Chair Pose

Utkatasana · Beginner



1. Stand with your feet together or hip-width apart.
2. Bend your knees and send your hips back, as if sitting into a chair behind you.
3. Let your torso lean forward a little so your weight stays over your feet.
4. Reach your arms up alongside your ears.
5. Breathe steadily and keep your weight toward your heels.

What to feel for

Knees bent, heading toward your toes rather than past them.

Hips reaching back, weight in your heels.

A long line from your hips through your arms.

Knees and feet side by side — the camera cannot see this from the side.

Variations



Arms overhead



Hands at heart



Shallower bend

yogalike · scan to practise, no account needed

https://yogalike.lp-data.cloud/practice?pose=chair&from=printable

It offers practice guidance, not medical advice, and it cannot tell whether a pose is right for your body. Move within what feels comfortable, and stop if anything hurts.

Free to print and share with your students, as long as this line stays on the sheet.