

# OCEAN YOGA USING A CHAIR



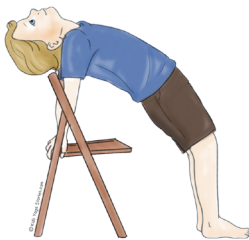
**I am a manta ray.**  
WARRIOR 3 POSE



**I am a jellyfish.**  
FORWARD BEND



**I am a whale.**  
COBRA POSE



**I am a crab.**  
REVERSE TABLE TOP POSE



**I am an urchin.**  
CHILD'S POSE