Who should do Yoga practices in Chair?

Participants with the following conditions -

1. Those who cannot sit on the floor (Knee replacement / Severe arthritis knee pain)
2. Those with: Cardiac problem or recent Cardiac Surgery (Angioplasty / Stents / CABG - Bypass surgery)
3. Uncontrolled hypertension ( > 160/100)
4. Cervical Spondylosis
5. Severe back pain
6. Any recent abdominal / back surgery
7. Ladies during menstrual periods
8. Frozen Shoulder
9. Umbilical / Inguinal Hernia