

Katherine Zitterbart
617-543-9642
hello@kayteezee.com

APRIL 2022

Movement After Mastectomy





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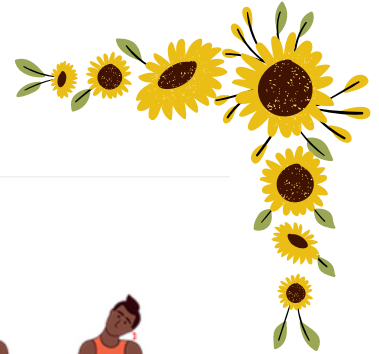
Chair Shapes for Your Chest and Shoulders

Explore these shapes once you're cleared by your provider. I invite you to cultivate an attitude of curiosity and observation, and please stay well within your window of tolerance.



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1. Chair Mountain Pose • Chair
Tadasana



2. Seated Hip Circles Chair •
Upavishta Hip Circles Chair



3. Chair Cat Cow Pose • Chair
Marjaryasana Bitilasana



4. Chair Neck Rolls B



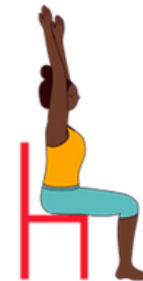
5. Chest Expansion In Chair



6. Cobra Pose Chair • Bhujangasana
Chair



7. Seated Forward Fold Pose on
Chair



8. Mountain Pose Raised Hands
Chair • Tadasana Urdhva Hastasana
Chair



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9. Seated Cactus Arms Chair



10. Seated Five Pointed Star Pose
Chair • Utthita Tadasana Chair



11. Wide Legged Forward Bend
Pose Chair Hands Floor • Prasarita
Padottanasana Chair Hasta Floor



12. Chair Mountain Pose • Chair
Tadasana



13. Revolved Chair Pose On Chair •
Parivrtta Utkatasana Chair



14. Revolved Goddess Pose Chair
Block Hand • Parivrtta Utkata
Konasana Chair Hasta Block



15. Chair Mountain Pose • Chair
Tadasana

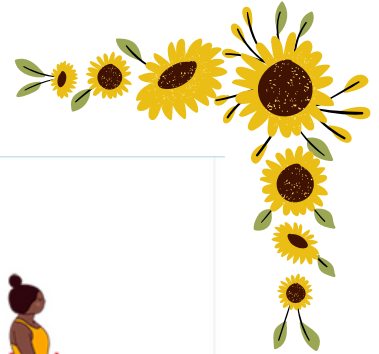


16. Ankle Crank On Chair • Golf
Ghoornan On Chair

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17. Seated Low Lunge Variation
Chair • Anjaneyasana Variation Chair



18. Side Bend Seated Eagle Pose
Chair • Parsva Upavistha Garudasana
Chair



19. Chair Seated Twists



20. Chair Wide Legged Seated Twist



21. Seated Corpse Pose Chair Legs
Bolster • Upavistha Savasana Chair
Pada Bolster

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About Katie



Katherine Zitterbart is a masterful instructor who has been working with bodies and breath for more than 30 years and has been teaching yoga for more than 20 years. She centers consent in her Work and is also a sexuality educator. Katie completed Treatment for Cancer in the spring of 2021, and she is grateful to share what she knows.

Also - does anyone else find it odd to write about themselves in the third person? I sure do.

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