

CHAIR YOGA FOR SENIORS

A Gentle Seated Routine | Free Printable

Nine easy moves you can do from a sturdy chair. Go at your own pace, breathe slowly, and take a rest whenever you need one. The whole routine takes about 10 to 15 minutes.

Before You Begin

- Use a sturdy chair **without wheels**, on a non-slip floor or against a wall.
- Sit tall with both feet flat on the floor.
- Move slowly, breathe steadily, and **never force a stretch**.
- Stop right away if you feel pain, dizziness, or shortness of breath.
- Check with your doctor first, especially if you have osteoporosis, high blood pressure, balance concerns, or have had recent surgery.

Your Routine

1

Seated Centering and Breathing

Sit tall with your hands resting on your thighs. Breathe in slowly through your nose, then out gently through your mouth.

How long: 5 slow breaths.

2

Neck and Shoulder Warm-Up

Lift your shoulders toward your ears, then let them drop. Next, lower your chin toward your chest and slowly trace a small half-circle from one shoulder to the other. Do not tip your head back.

How long: 5 shoulder shrugs, then 3 slow half-circles.

3

Seated Mountain Pose

Press your feet into the floor, lengthen your spine, and relax your shoulders away from your ears. Rest your hands on your thighs, or reach your arms overhead if that feels comfortable.

How long: Hold for 3 to 5 breaths.

4

Seated Side Stretch

Reach one arm overhead and lean gently to the opposite side, keeping both hips on the chair. Rest your other hand on the seat for support.

How long: Hold for 3 breaths on each side.

5

Chair Cat-Cow

Place your hands on your knees. As you breathe in, lift your chest and arch your back a little. As you breathe out, round your back and let your chin move toward your chest.

How long: 5 slow rounds.

6

Seated Twist

Sit tall. Place one hand on the opposite knee and the other beside you on the chair. Gently turn your upper body, keeping your hips facing forward. Turn only as far as feels comfortable.

How long: Hold for 3 breaths on each side.

7

Seated Forward Fold

Sit toward the front of the chair with your feet flat. Hinge forward from the hips with a long back, letting your arms rest on your thighs. Keep the fold small if you have osteoporosis or back concerns.

How long: Hold for 3 breaths, then roll up slowly.

8

Ankle Rolls and Toe Taps

Lift one foot slightly and draw slow circles with your ankle. Then rest your heel on the floor and tap your toes up and down.

How long: 5 circles each way on each foot, then 10 toe taps.

9

Seated Relaxation

Rest your hands in your lap and soften your shoulders. Close your eyes if that is comfortable, and let your breathing return to normal.

How long: 1 to 2 minutes.

My Weekly Practice

Check a box each day you practice. A few times a week is a great start.

Mon	Tue	Wed	Thu	Fri	Sat	Sun

**Want more chair yoga ideas?**

Scan the code with your phone camera, or visit [HomeWorkoutPrograms.com](https://www.HomeWorkoutPrograms.com) for the full chair yoga guide, beginner poses, and more.