

Chair Yoga for Seniors: 8 Moves

5 days a week. Do the moves in order, 1 round. Rest whenever you need to.



1 Seated Mountain

1. Sit tall, feet flat, hands on your thighs.
2. Lengthen up through the crown of your head.
3. Close your eyes and breathe slowly.

Week 1: hold 15 sec



2 Seated Cat-Cow

1. Hands on your knees.
2. Breathe in: lift your chest and arch gently.
3. Breathe out: round your back.

Week 1: 4 reps



3 Seated Twist

1. Sit tall, feet flat.
2. Turn gently to one side, a hand on the chair back.
3. Breathe, then turn the other way.

Week 1: hold 15 sec



4 Seated Eagle Arms

1. Sit tall.
2. Cross one arm under the other and hug your shoulders.
3. Lift the elbows a little and breathe.

Week 1: hold 15 sec

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5 Seated Pigeon

1. Sit tall, feet flat.
2. Cross one ankle over the opposite knee.
3. Sit tall or lean forward a little. Breathe.

Week 1: hold 15 sec



6 Supported Tree

1. Stand beside the chair, one hand on its back.
2. Turn one knee out and rest that foot on your ankle or calf.
3. Free hand to your heart. Breathe.

Week 1: hold 15 sec



7 Seated Forward Fold

1. Sit near the front of the chair, feet wide.
2. Fold your chest gently toward your knees.
3. Breathe, then roll up slowly.

Week 1: hold 15 sec



8 Hands-to-Heart Breathing

1. Sit tall, palms together at your heart.
2. Breathe in slowly through your nose.
3. Breathe out longer through your nose.

Week 1: hold 15 sec