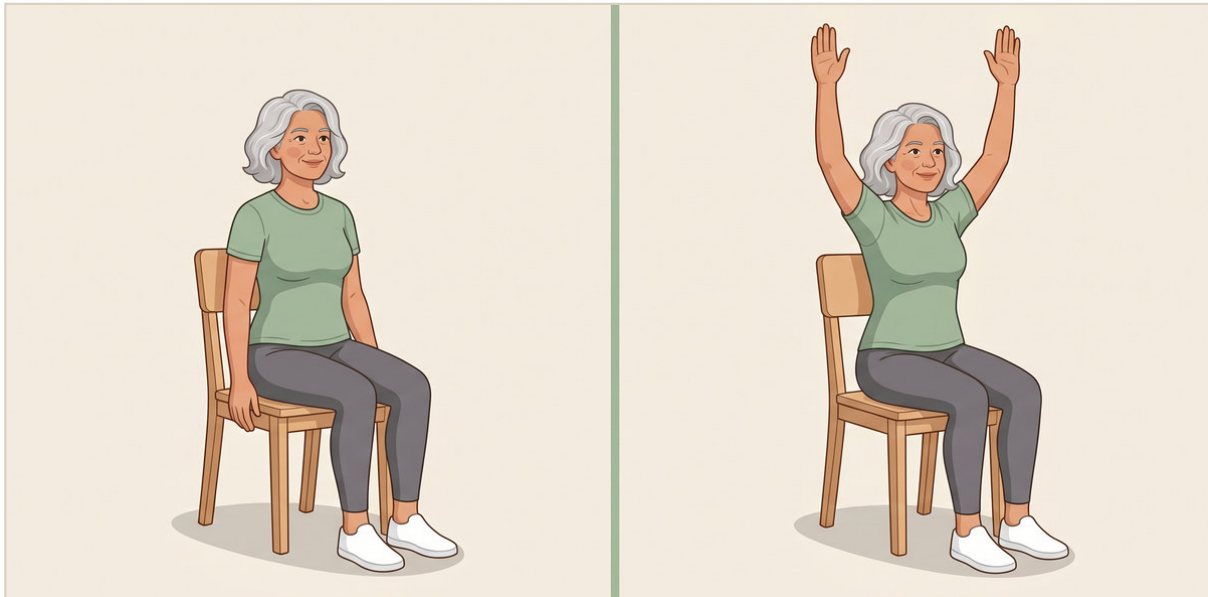


Chair Yoga for Seniors (Free Printable Chart)

Seated • A sturdy chair without wheels

Check with your doctor before starting a new exercise routine. Move slowly and stop any exercise that causes pain.

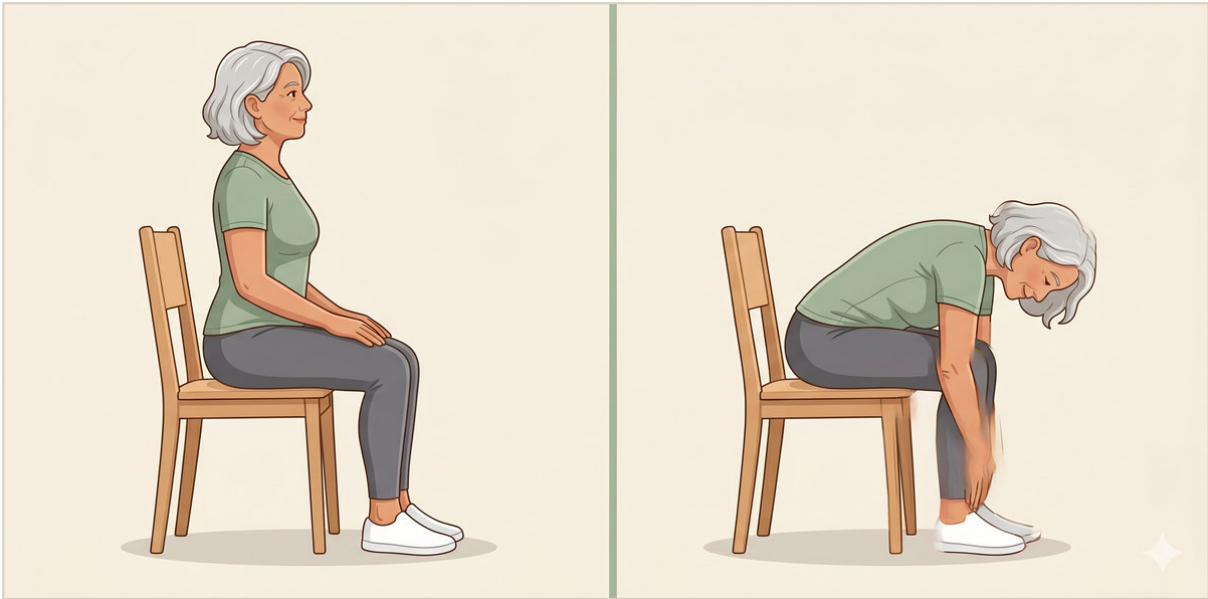
1. Seated Mountain (Centering Breath)



1. Sit tall, feet flat, hands resting on your thighs.
2. Breathe in slowly as you lengthen your spine.
3. Breathe out and relax your shoulders down.

Aim for: 5 slow breaths

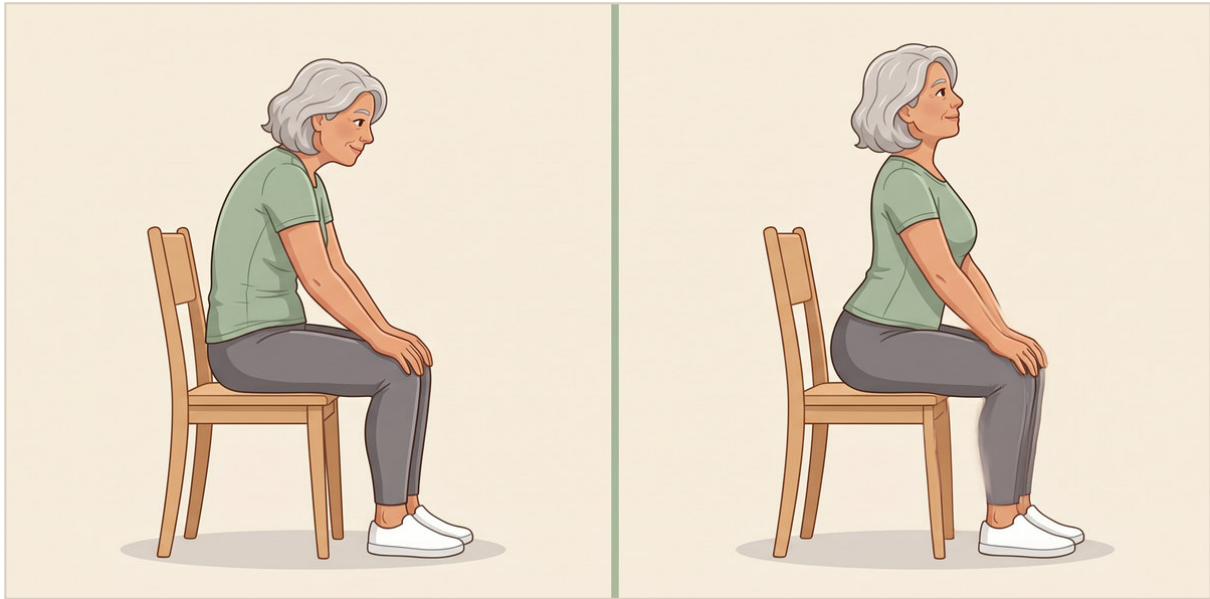
2. Seated Forward Fold



1. Sit tall toward the front of the chair, feet flat.
2. Breathe out and hinge forward from the hips, hands sliding down your legs.
3. Rest a moment, then roll up slowly to sitting.

Aim for: Hold 3 breaths · 2 times

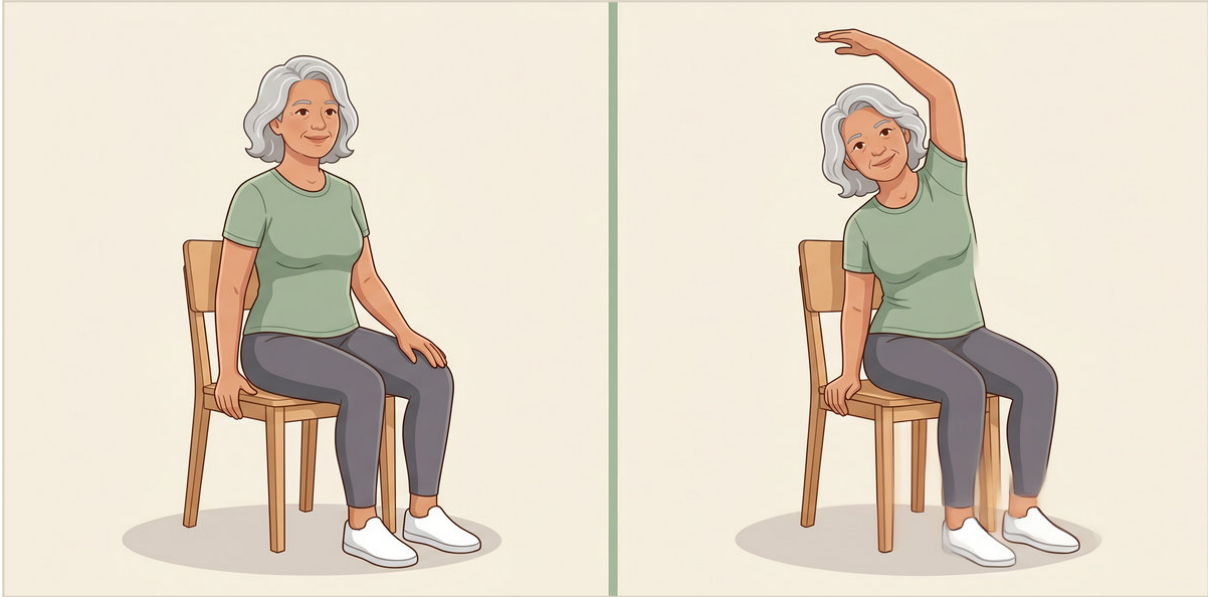
3. Seated Cat-Cow



1. Sit tall with hands on your knees.
2. Breathe in and arch gently, lifting the chest (cow).
3. Breathe out and round the back, tucking the chin (cat).

Aim for: 6 slow rounds

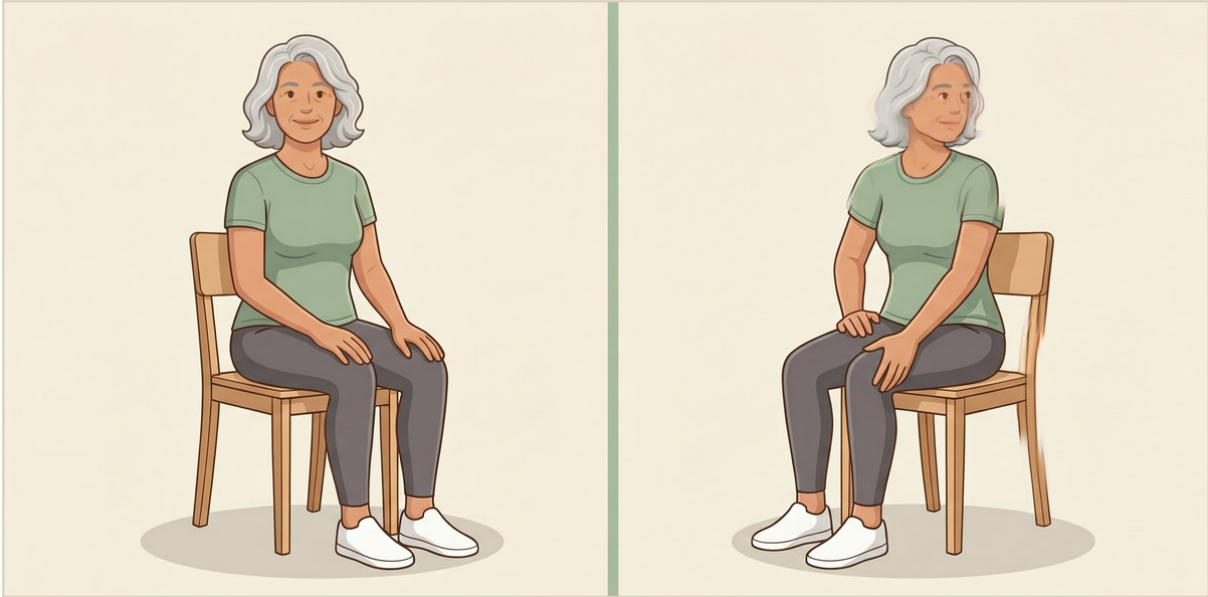
4. Seated Side Stretch



1. Sit tall, left hand resting on the chair.
2. Breathe in and reach your right arm up and over to the left.
3. Breathe out, return, and switch sides.

Aim for: Hold 3 breaths each side • 2 times

5. Seated Gentle Twist



1. Sit tall with feet flat on the floor.
2. Breathe out and turn gently to the right, hand on the chair back.
3. Return to center on an inhale and twist to the left.

Aim for: Hold 3 breaths each side • 1 time

6. Seated Neck Release



1. Sit tall with shoulders relaxed.
2. Tilt your right ear gently toward your right shoulder.
3. Hold, return to center, and tilt to the left.

Aim for: Hold 3 breaths each side • 1 time