

Yoga for Seniors (Free Printable Chart)

Seated and standing • A sturdy chair without wheels

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

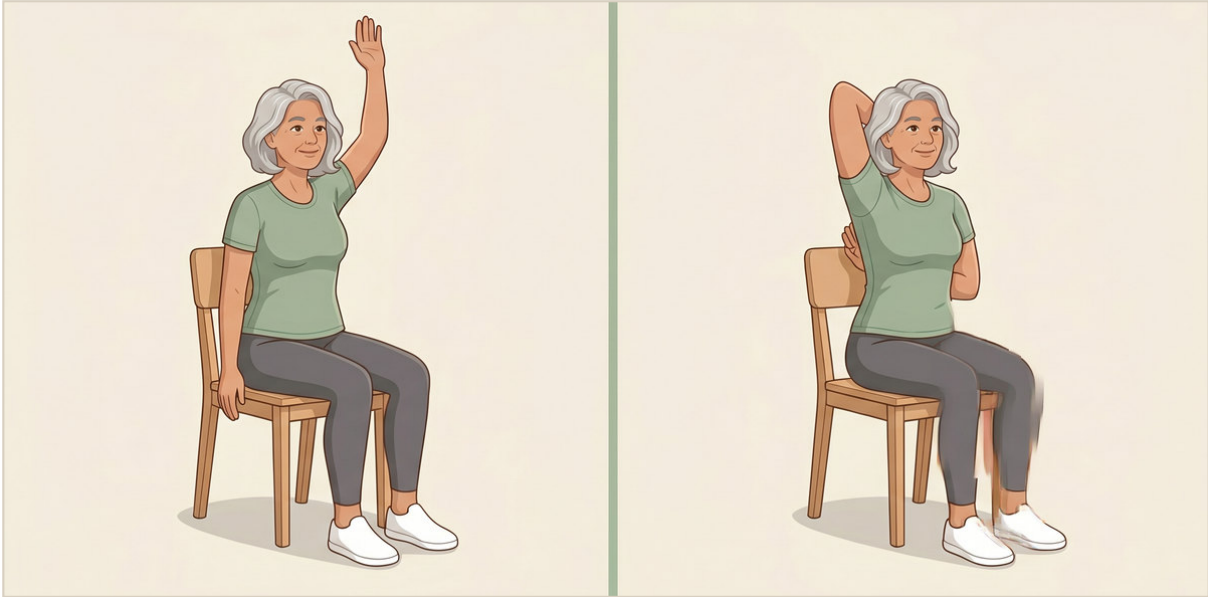
1. Seated Eagle Arms



1. Sit tall, feet flat on the floor.
2. Cross your right arm over your left in front of you and entwine the forearms.
3. Lift the elbows to shoulder height and hold, then switch arms.

Aim for: Hold 20 seconds each side • 2 times

2. Seated Cow-Face Arms



1. Sit tall and reach your right hand up and back behind your upper back.
2. Reach your left hand down and up behind your lower back, fingertips moving toward each other.
3. Hold gently, then switch arms.

Aim for: Hold 15 seconds each side • 2 times

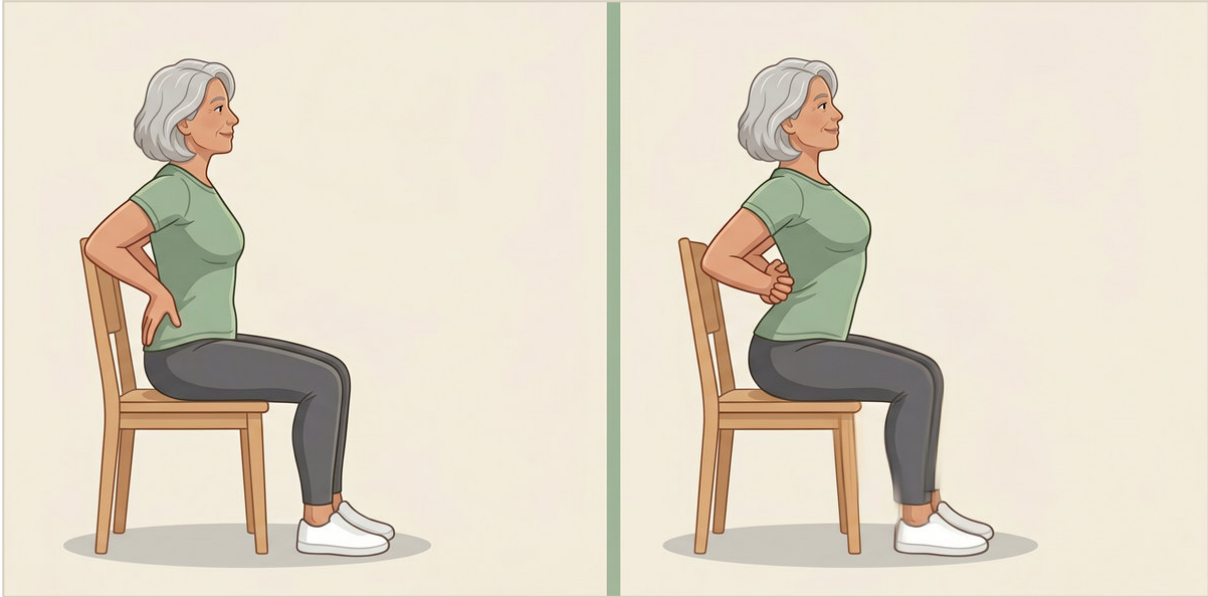
3. Seated Side Angle



1. Sit tall and rest your right forearm on your right thigh.
2. Breathe in and reach your left arm up and over toward the right.
3. Hold, then return and switch sides.

Aim for: Hold 3 breaths each side • 2 times

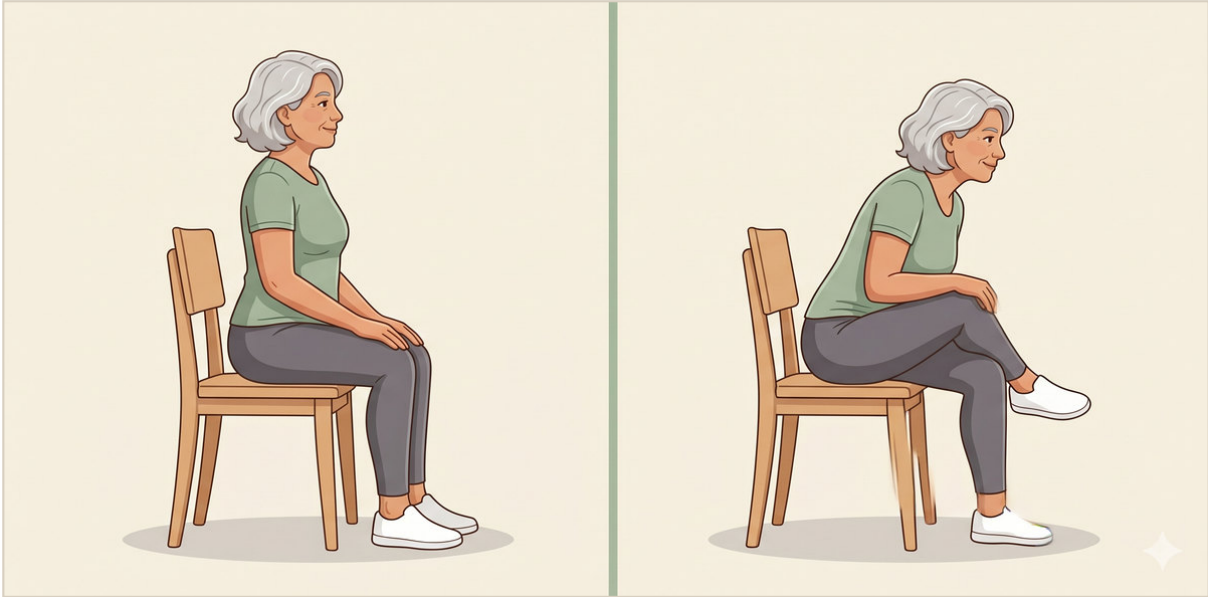
4. Seated Heart Opener



1. Sit tall and place both hands on your low back.
2. Breathe in and gently lift the chest into a soft arch.
3. Hold for a breath, then return to sitting tall.

Aim for: Hold 3 breaths · 3 times

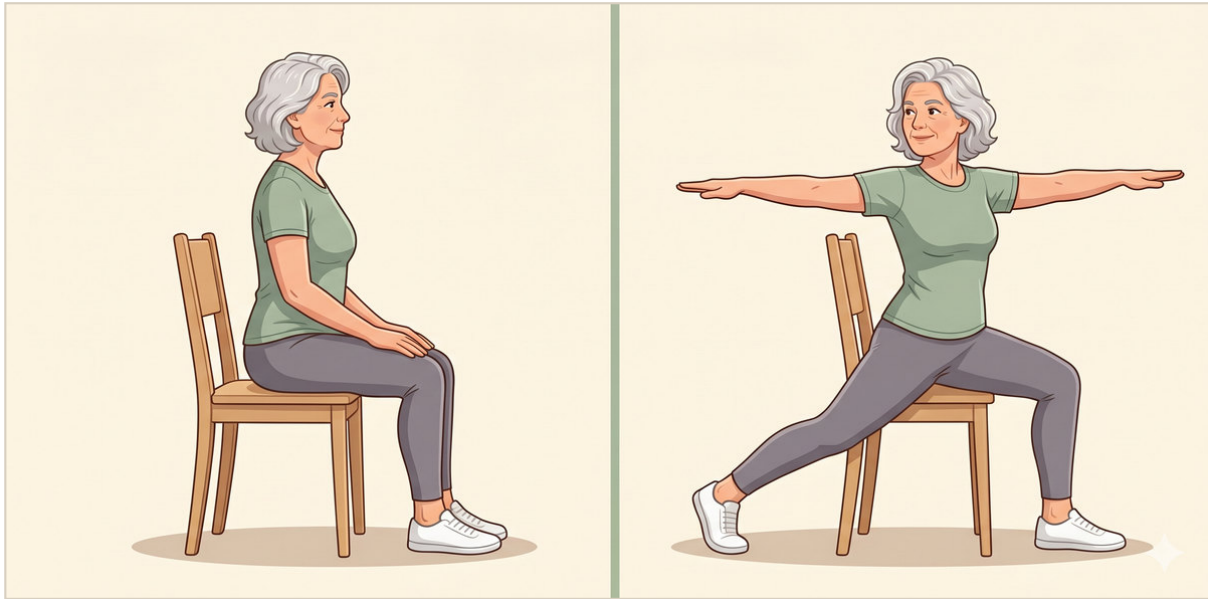
5. Seated Figure-Four Stretch



1. Sit tall and cross your right ankle over your left knee.
2. Breathe out and lean gently forward from the hips.
3. Hold, then switch legs.

Aim for: Hold 20 seconds each side • 2 times

6. Chair Warrior



1. Sit sideways on the chair and extend your right leg out to the side.
2. Reach both arms wide at shoulder height, gaze forward.
3. Hold, then turn around and repeat on the other side.

Aim for: Hold 5 breaths each side • 1 time

7. Supported Tree Pose



1. Stand tall behind the chair, holding the back with both hands.
2. Rest your right foot lightly on the side of your left calf.
3. Hold steady, breathe, then switch feet.

Aim for: Hold 10 seconds each side • 2 times

8. Standing Mountain with Breath



1. Stand tall behind the chair, feet hip-width apart.
2. Breathe in slowly and sweep both arms overhead.
3. Breathe out and lower the arms. Repeat with a steady rhythm.

Aim for: 5 slow breaths