

# CHAIR YOGA GUIDE FOR SENIORS

Enhance Flexibility, Health, And Peace of Mind



**!** **Chair Yoga** - is a gentle, safe way for seniors to boost flexibility, bone health, and mental clarity. It eases muscle tension and reduces stress without the strain of standing exercises.

## 10 Minute Morning Routine



### Safety Tips

#### Footwear

Never practice barefoot to avoid slipping. Wear light, non-skid shoes.



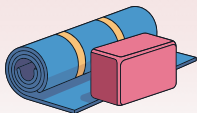
#### Stability

Ensure the chair is sturdy. Do not sit too far forward if it feels unstable.



#### Support

If feet don't reach the floor, place a yoga block or thick book underneath them.



#### Listen To Your Body

Do not push through sharp pain. Modify exercises and positions as needed.



### 1) Warm-Up (2 min)

Rotate neck, roll shoulders, and twist wrists.

### 2) Cat-Cow Pose (1 min)

Arch and round your back gently to wake up the spine.

### 3) Raised Hands (1 min)

Lift arms high and take 5 slow, deep breaths.

### 4) Forward Bend (2 min)

Lean forward comfortably for 5 breaths to stretch the back.

### 5) Pigeon Pose (2 min)

Open hips on each side (3-5 breaths each).

### 6) Savasana (2 min)

Sit back, relax your body entirely, and take slow breaths.

## ↓ BEST CHAIR YOGA EXERCISES FOR SENIORS ↓



# Chair Yoga Exercises

## 1) Eagle Arms

Cross arms, interlock elbows so palms touch. Slowly lift elbows above shoulders and take 5 deep breaths.

## 2) Reverse Arm Hold

Sit at the chair's edge. Fold both hands behind your back, lean forward slightly, and take slow breaths to ease hunching.

## 3) Simple Seated Twist

Rotate your upper body to the right, placing your right hand on your left leg. Then repeat on the opposite side.

## 4) Single-Leg Stretch

Keep one leg firm on the ground and stretch the other out straight. Lean forward gently and switch legs.

## 5) Seated Warrior I

Sit sideways on the chair, stretching one leg behind you. Face forward over the bent leg and pull arms into the air.

## 6) Chair Pigeon

Place your right foot on your left thigh above the knee. Keep spine straight, breathe deeply, and switch sides.

## 7) Chair Camel

Keep arms on your lower back. Inhale, push chest out, and bend back slightly to improve posture and open the chest.

## 8) Chair Spinal Twist

Keep feet flat. Move your left hand to your right knee, gently twisting your head and shoulders to the right.

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