Going Strong DAILY

FREE PRINTABLE · ABOUT 10 MINUTES

Chair Yoga for Seniors: 12 Gentle Seated Poses

Twelve gentle chair yoga poses for the neck, shoulders, back, hips and ankles. Hold each for a few slow breaths.

Scan for the follow-along timer

Set up your chair

- Sturdy, four legs, no wheels
- Push it against a wall so it can't slide
- Feet flat, sit toward the front
- Loose clothes, non-slip shoes or socks

Stay safe

- Move slowly and keep breathing
- A gentle stretch is fine. Pain is not
- Stop if you feel dizzy or short of breath
- Check with your doctor before you start

1 Seated Mountain

Chair yoga · Seated · Posture · about 45 sec

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1. Sit tall with feet flat and knees above your ankles.
2. Press your feet gently into the floor and lift through the crown of your head.
3. Let your arms hang by your sides or rest on your thighs. Take five slow breaths.

Make it easier: Rest your back against the chair.

Not medical advice. Check with your doctor before starting a new exercise program. Stop if you feel pain, dizziness or shortness of breath.

2 Belly Breathing

Tai chi · Seated · Calm and breath control

1. Place one hand on your belly and one on your chest.
2. Breathe in through your nose for a slow count of four and feel your belly rise under your hand.
3. Breathe out through your mouth for a count of six. Your chest stays mostly still.

Make it easier: Use a count of three in and four out.

3 Gentle Neck Release

Chair yoga · Seated · Neck · about 60 sec

1. Sit tall and slowly tip your right ear toward your right shoulder, without lifting the shoulder.
2. Hold for three slow breaths, then bring your head back to the middle.
3. Repeat on the left side. Never roll the head backward.

Make it easier: Tip the head only a little.

4 Shoulder Rolls

Chair yoga · Seated · Shoulders · about 45 sec

1. Let your arms hang loosely by your sides.
2. Lift both shoulders toward your ears, roll them back, then let them drop down.
3. Do 6 slow circles backward, then 6 forward.

Make it easier: Roll one shoulder at a time.

Not medical advice. Check with your doctor before starting a new exercise program. Stop if you feel pain, dizziness or shortness of breath.

5 Seated Cat-Cow

Chair yoga · Seated · Spine and back · about 60 sec

1. Place your hands on your knees.
2. Breathe in, gently lift your chest and look slightly up, letting your back arch a little.
3. Breathe out, round your back, tuck your chin and draw your belly in. Repeat 6 times.

Make it easier: Make the movement small and keep your eyes level.

6 Seated Side Stretch

Chair yoga · Seated · Sides of the body · about 60 sec

1. Hold the seat of the chair with your left hand.
2. Raise your right arm overhead and lean gently to the left until you feel a stretch along your right side.
3. Hold for three breaths, come back to center and switch sides.

Make it easier: Keep the raised hand on your head instead of reaching up.

7 Seated Twist

Chair yoga · Seated · Back and waist · about 60 sec

1. Sit tall and place your right hand on your left knee.
2. Breathe in to sit taller, then breathe out and turn your chest gently to the left.
3. Hold for three breaths, return to center, and repeat to the right. Turn only as far as is comfortable.

Make it easier: Keep both hands on your thighs and turn only the shoulders.

Not medical advice. Check with your doctor before starting a new exercise program. Stop if you feel pain, dizziness or shortness of breath.

8 Eagle Arms Hug

Chair yoga · Seated · Upper back · about 45 sec

1. Cross your arms in front of your chest and place each hand on the opposite shoulder.
2. Lift your elbows slightly and feel the stretch between your shoulder blades.
3. Hold for three breaths, then swap which arm is on top.

Make it easier: Hold your upper arms instead of your shoulders.

9 Seated Warrior Arms

Chair yoga · Seated · Arms, chest and focus · about 60 sec

1. Turn sideways on the chair if it is safe, or sit facing forward.
2. Stretch both arms out to the sides at shoulder height, palms down.
3. Turn your head to look over one hand and hold for three breaths. Switch sides.

Make it easier: Keep the arms lower or bend the elbows.

10 Seated Forward Bend

Chair yoga · Seated · Back and hamstrings · about 45 sec

1. Sit with feet a little wider than your hips.
2. Breathe out and hinge forward from the hips, sliding your hands down your shins as far as is comfortable.
3. Let your head relax, take three breaths, then roll up slowly.

Make it easier: Stop with your hands on your knees. Skip if you have low blood pressure or feel dizzy when bending.

Not medical advice. Check with your doctor before starting a new exercise program. Stop if you feel pain, dizziness or shortness of breath.

11 Ankle and Wrist Circles

Chair yoga · Seated · Ankles and wrists · about 60 sec

1. Lift one foot slightly off the floor.
2. Draw 6 slow circles with your toes in each direction while circling both wrists at the same time.
3. Lower the foot and repeat with the other foot.

Make it easier: Keep the heel on the floor and just move the toes.

12 Seated Rest

Chair yoga · Seated · Relaxation · about 60 sec

1. Sit back in the chair and let your hands rest in your lap.
2. Close your eyes if you feel comfortable, or look softly at the floor.
3. Breathe normally and notice how your body feels for one minute.

Make it easier: Stay as long as you like.

Not medical advice. Check with your doctor before starting a new exercise program. Stop if you feel pain, dizziness or shortness of breath.

My 4-week tracker: tick each day you finish

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 1							
Week 2							
Week 3							
Week 4							



WANT THE COMPLETE PROGRAM?

Tai Chi & Chair Yoga for Seniors Over 60

A large print, 28-day plan that starts fully seated and builds to chair-supported standing moves, ten minutes a day.

- 45 tai chi and chair yoga moves
- Daily routine chart and progress tracker each week
- Large print, 8.5 x 11 inch pages

Find it on Amazon: search "Tai Chi and Chair Yoga for Seniors Over 60"

Follow along with a timer

Scan the code to open this routine on goingstrongdaily.com with a big countdown timer and spoken cues.

Not medical advice. Check with your doctor before starting a new exercise program. Stop if you feel pain, dizziness or shortness of breath.