21-Day Chair Yoga Challenge

Day 1

Pose(s): Seated Mountain + Deep Breathing

Focus Area: Posture, Breath

Tip: Sit tall and focus on slow breathing.

Day 2

Pose(s): Seated Cat-Cow Stretch

Focus Area: Spinal Mobility

Tip: Inhale as you arch, exhale as you round.

Day 3

Pose(s): Seated Side Bend

Focus Area: Lateral Flexibility

Tip: Reach gently, dont force the stretch.

Day 4

Pose(s): Seated Twist

Focus Area: Spine & Digestion

Tip: Twist only to your comfort level.

Day 5

Pose(s): Seated Forward Fold

Focus Area: Hamstring Stretch

Tip: Let your head relax.

Day 6

Pose(s): Ankle Rolls + Knee Lifts

Focus Area: Joint Mobility

Tip: Go slow and smooth.

Day 7

Pose(s): Seated Sun Salutation Flow

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Focus Area: Full Body Warm-up

Tip: Link movement with breath.

Day 8

Pose(s): Seated Warrior Arms

Focus Area: Upper Body Strength

Tip: Keep your shoulders relaxed.

Day 9

Pose(s): Seated Tree Pose

Focus Area: Balance & Focus

Tip: Breathe steadily.

Day 10

Pose(s): Seated Leg Extensions

Focus Area: Leg Strength

Tip: Engage your thigh as you lift.

Day 11

Pose(s): Shoulder Rolls + Neck Stretch

Focus Area: Tension Relief

Tip: Breathe into tight spots.

Day 12

Pose(s): Seated Chair Pigeon

Focus Area: Hip Opener

Tip: Keep your back tall.

Day 13

Pose(s): Seated Chest Opener

Focus Area: Confidence & Posture

Tip: Open your heart center.

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Day 14

Pose(s): Seated Spinal Twist

Focus Area: Back Flexibility

Tip: Use your hand for light support.

Day 15

Pose(s): Seated Figure Four

Focus Area: Hip Flexibility

Tip: Dont force the stretch.

Day 16

Pose(s): Seated Cactus Arms

Focus Area: Shoulder Mobility

Tip: Open your chest wide.

Day 17

Pose(s): Seated Toe Touches

Focus Area: Lower Back Release

Tip: Bend from your hips.

Day 18

Pose(s): Seated Marching

Focus Area: Cardio & Coordination

Tip: Keep it playful.

Day 19

Pose(s): Seated Star Pose

Focus Area: Full Body Energizer

Tip: Stretch from the center out.

Day 20

Pose(s): Seated Breathing with Arms

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Focus Area: Mindfulness

Tip: Inhale arms up, exhale down.

Day 21

Pose(s): Victory Pose + Gratitude Breath

Focus Area: Celebrate Progress

Tip: Smile you did it!