



Chair Yoga for Better Circulation

5 Seated Poses to Boost Blood Flow

Gentle movements for seniors to support heart and vein health

1. Seated Arm Circles

How to Do It:

- Sit tall with feet flat on the floor
- Extend both arms to the side at shoulder height
- Make slow, small circles forward for 10 reps
- Reverse and do 10 backward circles

Benefits: Improves circulation in shoulders, arms, and chest.

2. Seated Marching

How to Do It:

- Sit with feet hip-width apart
- Lift one knee towards your chest, then lower
- Alternate legs for 1–2 minutes at your own pace

Benefits: Promotes blood flow to the legs and strengthens lower body.

3. Ankle Rolls

How to Do It:

- Sit with a straight spine
- Lift one foot off the floor
- Roll your ankle clockwise 10 times, then counterclockwise 10 times
- Switch legs

Benefits: Increases blood flow to the feet and helps reduce swelling.

4. Seated Spinal Twist

How to Do It:

- Sit with feet flat and spine straight
- Place your right hand on the left knee, twist gently to the left
- Hold for 5 breaths, then switch sides

Benefits: Stimulates blood flow around the spine and digestive organs.

5. Seated Forward Bend


How to Do It:

- Sit with legs hip-width apart
- Inhale, raise arms overhead
- Exhale, bend forward from the hips and rest hands on knees or shins
- Breathe deeply for 5–10 seconds

Benefits: Increases circulation to the brain and calms the nervous system.

Circulation Tips for Seniors

- Stay hydrated throughout the day
- Elevate your legs during rest to avoid swelling
- Add gentle walking or light activity daily
- Practice chair yoga 3–5 times per week

 *Download this printable & follow along daily to support your heart and improve circulation naturally.*

 For more free routines, visit chairyoga.blog