

# Chair Yoga for Better Digestion

5 Gentle Moves to Relieve Bloating (Free Printable)

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## Benefits of Chair Yoga for Digestion

- Stimulates abdominal organs
  - Relieves gas and bloating
  - Eases constipation
  - Supports healthy gut movement
  - Perfect for seniors and limited mobility
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## 1. Seated Twist (Ardha Matsyendrasana)

### Instructions:

- Sit tall with both feet flat on the floor
- Place your right hand on your left knee
- Place your left hand on the back of the chair
- Inhale to lengthen spine
- Exhale and gently twist to the left
- Hold for 5 breaths, then switch sides

 *Benefits:* Aids digestion, massages organs, and relieves constipation

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## 2. Seated Cat-Cow

### Instructions:

- Sit upright, hands on knees
- Inhale: Arch back, lift chest and look up (Cow)
- Exhale: Round spine, tuck chin to chest (Cat)
- Repeat 5–8 rounds slowly



*Benefits:* Stimulates intestines and improves gut circulation

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## 3. Knee to Chest (Seated Apanasana)

### Instructions:

- Sit tall, feet flat
- Lift your right knee toward your chest
- Hold with both hands and keep back straight
- Hold for 20–30 seconds, then switch legs



*Benefits:* Known as "wind-relieving pose"—relieves gas and bloating

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## 4. Seated Forward Fold

### Instructions:

- Sit near the edge of the chair
- Feet wider than hip-distance

- Inhale, lengthen spine
- Exhale, gently fold forward between legs
- Let your head hang comfortably
- Hold for 5–8 breaths


 **Benefits:** Helps calm digestion and release tension

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## 5. Seated Spinal Circles

### Instructions:

- Sit upright, hands on knees
- Make slow circular movements with upper body
- Go clockwise 5 times, then counterclockwise

 **Benefits:** Activates abdominal muscles and supports bowel movement

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### Practice Tips

- Best time: 30–45 minutes after meals
  - Breathe deeply and slowly
  - Practice regularly for long-term benefits
  - Stay hydrated before and after session
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### Disclaimer

Always consult your doctor before starting any new exercise, especially if you have digestive issues or chronic conditions.

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