

# Chair Yoga for Neck and Shoulder Pain

## Gentle Relief for Seniors – 5 Easy Poses (With Safety Tips)

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### Introduction

If you often feel neck stiffness or shoulder pain, especially while sitting for long hours, chair yoga can help you find relief—gently and safely. These simple movements improve posture, release tension, and support long-term flexibility, without needing to get on the floor.

Use this guide daily or as needed, and always listen to your body.

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### Safety Tips Before You Begin:

- Use a sturdy chair with no wheels and a straight back.
  - Sit upright with feet flat on the floor.
  - Avoid any sharp pain or discomfort.
  - Breathe slowly and deeply during each pose.
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### 1. Neck Rolls

**Benefits:** Relieves neck tension and stiffness.

**How to do:**

- Sit tall and slowly drop your right ear toward your right shoulder.
  - Roll your chin down to your chest, then up to your left shoulder.
  - Make 3–5 gentle circles, then switch directions.
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## 2. Shoulder Blade Squeeze

**Benefits:** Improves posture and opens the chest.

**How to do:**

- Sit tall, elbows bent at 90°, arms up (like a goalpost).
  - Squeeze your shoulder blades together.
  - Hold for 5 seconds.
  - Repeat 5–10 times.
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## 3. Ear-to-Shoulder Stretch

**Benefits:** Stretches the side of the neck and upper traps.

**How to do:**

- Sit upright and gently tilt your head to the right.
  - Keep the shoulders relaxed.
  - Hold for 15–30 seconds, then switch sides.
  - Repeat twice per side.
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## 4. Seated Cat-Cow Stretch

**Benefits:** Releases upper back and shoulder tension.

**How to do:**

- Place hands on your knees.
- Inhale: Arch your back, lift your chest, look up.
- Exhale: Round your spine, tuck your chin toward your chest.

- Repeat 5–8 rounds.
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## 5. Arm Circles (Gentle)

**Benefits:** Increases shoulder mobility and reduces stiffness.

**How to do:**

- Extend your arms out to the sides.
  - Make small circles forward for 10 seconds, then backward.
  - Gradually increase the size of the circles.
  - Do 2–3 rounds.
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## Closing Relaxation

- Sit quietly with hands on your lap.
  - Breathe deeply for 1–2 minutes.
  - Focus on releasing any leftover tension in your neck and shoulders.
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## Reminder

Do these exercises daily or 3–5 times a week for best results. Stay consistent and gentle. If your pain worsens or persists, consult a healthcare provider.