



Chair Yoga for Seniors with High Blood Pressure

5 Safe & Simple Seated Poses for Relaxation & Stress Relief

1. Seated Mountain Pose (Tadasana)

- Sit up tall with your feet flat on the floor.
 - Place your hands gently on your thighs.
 - Inhale deeply and lengthen your spine.
 - Exhale slowly and relax your shoulders.
 - Hold the pose for 5–6 deep breaths.
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2. Seated Forward Bend

- Sit tall at the front edge of your chair.
 - Inhale, then exhale and slowly bend forward from your hips.
 - Let your arms rest on your thighs or hang gently.
 - Hold for 4–5 breaths while relaxing your neck and back.
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3. Shoulder Rolls

- Inhale and lift both shoulders up toward your ears.
- Exhale and roll them back and down.

- Repeat 6–8 times forward and backward.
 - Helps reduce neck tension and promotes circulation.
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4. Seated Side Stretch

- Raise your right arm overhead while keeping the left hand on the chair.
 - Gently bend to the left and breathe into your side body.
 - Hold for 3–5 breaths, then switch sides.
 - Improves lung capacity and reduces stiffness.
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5. Seated Belly Breathing (Diaphragmatic Breathing)

- Sit comfortably with hands on your belly.
 - Inhale through your nose and let your belly rise.
 - Exhale slowly through your mouth and feel the belly fall.
 - Repeat for 2–3 minutes to calm your mind and body.
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Safety Tips

- Avoid holding your breath or straining.
 - Move slowly and gently—never force a pose.
 - Don't twist or bend too far.
 - Consult your doctor before starting any exercise.
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✓ Recommended Routine

- Do these poses **3–4 times per week**.
- Ideal duration: **10–15 minutes per session**.
- Combine with a calm environment and soothing music.

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