

## **Chair Yoga for Balance**

A Simple Routine for Seniors to Practice at Home

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### **Why Balance Matters**

Good balance helps reduce the risk of falls, improves confidence, and enhances your overall mobility and independence. Chair yoga is a safe and accessible way to strengthen your stabilizing muscles and gently improve coordination.

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### **Safety Tips Before You Start**

- Use a sturdy, non-slip chair
  - Keep your feet flat on the floor
  - Breathe naturally and move slowly
  - Stop if you feel dizzy or uncomfortable
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### **1. Seated Mountain Pose (Tadasana)**

How to Do It:

- Sit tall with your feet hip-width apart.
- Place hands on thighs or by your sides.
- Engage your core and lengthen your spine.
- Hold for 3–5 deep breaths.

Benefits:

Improves posture and body awareness. Forms the foundation of your balance work.

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## 2. Seated Leg Lifts

How to Do It:

- Sit upright with feet flat on the ground.
- Slowly lift one leg straight out in front.
- Hold for 3–5 seconds, then lower.
- Repeat 8–10 times on each leg.

Benefits:

Strengthens thighs and core, essential for better balance.

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## 3. Chair Supported Knee Raise

How to Do It:

- Hold the sides of your chair.
- Lift your right knee toward your chest.
- Lower and switch to the left leg.
- Repeat 8–10 times each side.

Benefits:

Enhances hip flexibility and core stability.

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## 4. Seated Warrior II Arms

How to Do It:

- Sit sideways on the chair (legs open if possible).
- Extend your arms out at shoulder height.
- Turn your head to the right, then the left.
- Hold each side for 3–5 breaths.

Benefits:

Improves balance, awareness, and coordination.

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## 5. Toe and Heel Lifts

How to Do It:

- Sit with feet flat on the floor.
- Slowly lift your heels while keeping toes grounded.
- Then lift your toes while heels stay down.
- Repeat 10–15 times.

Benefits:

Strengthens ankle stability and improves lower leg strength.

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## Cool Down: Gentle Breathing & Neck Stretch

- Inhale slowly through the nose.

- Exhale softly through the mouth.
  - Tilt head gently from side to side.
  - Relax and enjoy the calm.
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 Practice Tips:

- Start with 10–15 minutes daily.
  - Pair your routine with calming music.
  - Use this guide as part of your morning or evening wellness habit.
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 Reminder:

Improving your balance is a journey, not a race. Just a few minutes of daily chair yoga can make a noticeable difference in your confidence and coordination.

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 Download and Print This Routine

Visit [chairyoga.blog](https://chairyoga.blog) for more senior-friendly yoga printables.