

Chair Yoga for Memory

5 Easy Exercises to Boost Brain Power

Getting Started

- Use a sturdy chair with no wheels
 - Sit with feet flat on the floor
 - Breathe slowly and deeply
 - Hold each pose for 3–5 breaths or about 30 seconds
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1.

Seated Cat-Cow Stretch

Inhale: arch your spine and look upward (Cow)

Exhale: round your spine and tuck your chin (Cat)

 Repeat 5 times

 Benefit: Improves spine flexibility and increases brain oxygenation


2.

Alternate Arm & Leg Lift

Lift right arm and left leg together, hold for 2–3 seconds

Switch sides and repeat

 5–8 reps each side

 Benefit: Enhances brain-body coordination and balance


3.

Chair Eagle Arms

Wrap right arm under left, bring palms together

Lift elbows gently, breathe deeply

 Hold for 3–5 breaths, then switch sides


 Benefit: Boosts focus and releases upper back tension


4.

Neck Rolls with Eye Movement

Roll your neck gently in circles

Simultaneously move your eyes left and right slowly

 2–3 circles each way


 Benefit: Promotes calm mental alertness and eye-brain coordination


5.

Finger Taps with Deep Breathing

Inhale through the nose

Exhale and tap each finger to your thumb (thumb to index, middle, ring, pinky)

 Repeat for 5–10 rounds

 Benefit: Improves memory and calms the nervous system

Daily Routine Summary:

Exercise	Reps/Duration
Cat-Cow	5 rounds
Arm & Leg Lift	5–8 each side
Eagle Arms	3–5 breaths each side
Neck Rolls	2–3 each direction
Finger Taps	5–10 rounds

Daily Brain-Boosting Tips:

- Drink 6–8 glasses of water
- Get at least 7 hours of sleep
- Include brain foods (nuts, seeds, berries)
- Take short nature walks or do puzzles
- Practice gratitude journaling

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