

Chair Yoga Morning Routine for Seniors

Start your day with gentle chair yoga to improve flexibility, reduce stiffness, and enhance your energy levels. This routine is perfect for seniors and beginners.

Why Morning Chair Yoga?

- Helps loosen joints after sleep
- Boosts circulation and mental clarity
- Prepares your body gently for the day

1. Seated Mountain Pose (1 minute)

Sit upright, feet flat on the floor, hands resting on thighs. Take slow deep breaths. Focus on posture and grounding.

2. Shoulder Rolls (1 minute)

Inhale and lift your shoulders up. Exhale and roll them back and down. Repeat slowly for 5-10 rounds.

3. Seated Cat-Cow Stretch (2 minutes)

Place hands on knees. Inhale, arch back and look up (Cow). Exhale, round back and tuck chin (Cat). Repeat slowly.

4. Seated Side Stretch (1 minute per side)

Raise right arm up, lean gently to the left. Feel the stretch along your side. Switch sides after 1 minute.

5. Seated Forward Bend (2 minutes)

Inhale deeply. Exhale and gently bend forward, reaching hands towards the floor. Hold for a few breaths and slowly come back up.

Tips:

- Breathe deeply and slowly.
- Use a sturdy chair without wheels.
- Don't push into pain.

End with a few moments of deep breathing and gratitude. You're now ready to start your day feeling relaxed and energized!

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