



5 Breathing Techniques with Chair Yoga

(Free Printable Guide for Seniors)

1. Diaphragmatic Breathing (Belly Breathing)

- Sit upright on a sturdy chair.
 - Place one hand on your belly, one on your chest.
 - Inhale slowly through your nose, letting your belly rise.
 - Exhale gently through pursed lips.
 *Do this for 1–2 minutes to reduce stress and improve oxygen flow.*
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2. Pursed-Lip Breathing

- Sit comfortably with feet flat on the floor.
 - Inhale slowly through your nose for 2 counts.
 - Purse your lips (like whistling) and exhale for 4 counts.
 *Great for COPD and asthma patients; helps keep airways open longer.*
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3. Box Breathing (4-4-4-4)

- Sit with your back straight against the chair.
- Inhale through your nose for 4 seconds.
- Hold your breath for 4 seconds.
- Exhale through your mouth for 4 seconds.
- Hold again for 4 seconds.

✓ *Excellent for calming anxiety and improving lung strength.*

4. Alternate Nostril Breathing (Nadi Shodhana)

- Sit tall with your spine straight.
- Close your right nostril with your thumb.
- Inhale through the left nostril.
- Close the left nostril with your ring finger.
- Exhale through the right nostril.
- Repeat, switching sides.

✓ *Improves focus, balances breathing, and reduces stress.*

5. Seated Lion's Breath

- Sit tall, hands on your knees.
- Inhale deeply through your nose.
- Open your mouth wide, stick out your tongue, and exhale with a “haaa” sound.

✅ *Relieves facial tension, boosts energy, and improves mood.*

★ Safety Tips

- Always sit on a sturdy chair (no wheels).
 - Stop if you feel dizzy or breathless.
 - Practice in a quiet space for better focus.
 - If you have COPD, asthma, or heart disease — consult your doctor before starting.
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📌 Quick Daily Plan

- **Morning:** Belly Breathing (2 min) + Box Breathing (2 min)
- **Afternoon:** Pursed-Lip Breathing (3 min)
- **Evening:** Alternate Nostril Breathing (3 min) + Lion's Breath (2 min)

👉 *Total time: Just 12 minutes daily!*