

9 Best Chair Yoga Poses for Anxiety

1. Seated Mountain Pose (Tadasana)

- Sit upright with feet flat on the ground.
 - Rest hands on thighs, palms down.
 - Breathe deeply, closing your eyes.
 - **Benefit:** Promotes grounding and steadiness, reducing anxious restlessness.
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2. Seated Forward Fold

- Inhale deeply, exhale as you hinge forward at the hips.
 - Rest your arms on your legs or let them hang toward the floor.
 - **Benefit:** Releases back and shoulder tension, calms the mind.
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3. Seated Cat-Cow Stretch

- Place hands on knees.
 - Inhale, arch your back, lift chest (Cow).
 - Exhale, round spine, chin to chest (Cat).
 - **Benefit:** Relieves tightness in spine, synchronizes breath with movement.
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4. Seated Shoulder Rolls

- Inhale, roll shoulders up.
 - Exhale, roll shoulders down and back.
 - Repeat 5–8 times.
 - **Benefit:** Eases upper-body stress, great for releasing anxious tension.
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5. Seated Side Stretch

- Inhale, raise your right arm up.
 - Exhale, lean gently to the left.
 - Hold for 3 breaths, switch sides.
 - **Benefit:** Opens ribcage for deeper breathing, reduces tightness around lungs.
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6. Seated Twist (Ardha Matsyendrasana variation)

- Sit tall, place your right hand on your left thigh.
 - Gently twist left, keeping spine upright.
 - Hold for 3–4 breaths, then switch.
 - **Benefit:** Improves digestion and relieves nervous stomach caused by anxiety.
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7. Seated Leg Lift with Breath

- Sit tall, hands on thighs.
- Inhale, lift right leg slightly.

- Exhale, lower it slowly.
 - Repeat with the other leg.
 - **Benefit:** Releases pent-up energy, improves focus, calms restlessness.
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8. Seated Arm Raise with Deep Breath

- Inhale, raise both arms overhead.
 - Exhale, slowly lower arms to sides.
 - **Benefit:** Connects breath and body, encourages mindful awareness.
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9. Seated Meditation with Hands on Heart

- Sit comfortably, place one hand on your chest.
 - Close your eyes and take slow breaths.
 - Repeat silently: *"I am safe. I am calm."*
 - **Benefit:** Reduces racing thoughts, promotes emotional safety.
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Safety Tips for Seniors

- Use a sturdy chair without wheels.
- Don't force movements; keep them gentle.
- Practice 5–15 minutes daily for best results.
- Pair yoga with slow breathing or soft background music.

