


8 Chair Yoga Poses to Help Manage COPD Symptoms

1. Seated Mountain Pose (Tadasana)

Posture reset = More lung space

- Sit tall, feet flat
- Inhale deeply, lengthen spine
- Exhale, release shoulders down
- Repeat 5–8 deep breaths

 *Better posture improves respiratory muscle efficiency in elderly COPD patients.*
— Journal of Physiological Anthropology, 2011
[Study Link](#)

2. Arm Lifts with Inhalation

Chest opening, breath training


- Inhale: raise both arms overhead
 - Exhale: slowly bring them down
 - Repeat for 8 rounds
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3. Seated Cat-Cow Stretch

Releases spinal stiffness, opens lungs

- Inhale: arch the spine, chest forward

- Exhale: round the spine, chin to chest
- Repeat 6–8 rounds slowly

 *Spinal movement enhances thoracic flexibility and breathing in COPD patients.*
— Respiratory Medicine Journal, 2014
Source

4. Seated Side Bend


Improves lateral rib movement

- Inhale: raise right arm
 - Exhale: gently bend to the left
 - Hold for 3–4 breaths
 - Switch sides
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5. Chair-Supported Diaphragmatic Breathing

Strengthens your main breathing muscle

- Sit with hand on belly
- Inhale: belly expands
- Exhale: belly contracts
- Do this for 5 minutes

 *Reduces reliance on accessory muscles, lowers respiratory rate in COPD.*
— Chest Journal, 2010
[Read here](#)

6. Humming Bee Breath (Bhramari)

Reduces anxiety, improves oxygen use

- Inhale deeply
- Exhale while humming like a bee
- Repeat for 6 rounds

 *Humming breath enhances nitric oxide output and airway dilation.*

— Harvard Health Blog, 2020

[Link](#)

7. Seated Eagle Arms

Opens the upper back and improves circulation

- Wrap right arm under left
 - Press palms together
 - Inhale: lift elbows
 - Exhale: hold for 5 breaths
 - Switch sides
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8. Neck and Shoulder Rolls

Releases tension and improves airflow

- Roll shoulders up, back, and down
- Gently turn head left/right
- Repeat 6–8 times



How Often Should You Practice?

- **Start with 10–15 minutes**, 3–4 days per week
- Gradually increase to 20 minutes, 5x/week
- Practice **diaphragmatic breathing daily**

Even short daily sessions can reduce breathlessness and hospital visits.