

Chair Yoga for Immunity

Perfect for seniors aged 60+ | No floor poses | All you need is a chair

How Chair Yoga Helps Immunity

Chair yoga supports immunity by:

- Improving lymphatic flow (cleanses toxins)
- Reducing stress and cortisol (which suppresses immune function)
- Stimulating the vagus nerve (helps regulate inflammation)
- Enhancing digestion and breathing — both vital for immune strength

Just 10–15 minutes a day can make a difference in how your body handles fatigue, colds, or seasonal illness.

1. Seated Cat-Cow Stretch

Benefits: Improves spine mobility, stimulates lymph nodes, relieves stress.

How to Do It:

1. Sit upright with both hands on your knees.
 2. Inhale: Arch your back, lift your chest, and gaze slightly upward (Cow pose).
 3. Exhale: Round your back, pull belly in, and tuck chin (Cat pose).
 4. Repeat slowly for 5–8 breaths.
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2. Seated Side Stretch

Benefits: Opens ribcage, expands lungs, improves breathing.

How to Do It:

1. Sit tall. Raise your right arm over your head.
 2. Gently bend to the left, keeping both sitting bones grounded.
 3. Take 3–5 deep breaths, then switch sides.
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3. Seated Twist

Benefits: Stimulates digestion, detoxifies organs, supports gut immunity.

How to Do It:

1. Sit straight with feet flat on the ground.
 2. Place your left hand on your right knee.
 3. Exhale and gently twist your torso to the right. Hold for 3–5 breaths.
 4. Inhale back to center and repeat on the other side.
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4. Shoulder Rolls

Benefits: Relieves neck/shoulder tension, promotes relaxation.

How to Do It:

1. Sit comfortably and drop your arms by your sides.
2. Inhale: Lift shoulders up toward ears.
3. Exhale: Roll shoulders back and down.

4. Do 10 slow rolls forward, then 10 backward.
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5. Seated Forward Fold

Benefits: Calms the nervous system, increases circulation.

How to Do It:

1. Sit with your feet hip-width apart, flat on the floor.
 2. Inhale deeply.
 3. Exhale: Gently fold forward from your hips, allowing your arms to hang.
 4. Hold for 5–8 breaths, breathing deeply.
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6. Eye Focus Breathing (Drishti Practice)

Benefits: Improves mental clarity, reduces stress hormones.

How to Do It:

1. Sit with your back straight and feet planted.
 2. Pick a point in front of you to focus your eyes on.
 3. Inhale deeply through your nose.
 4. Exhale slowly while keeping your gaze steady.
 5. Continue for 3–5 minutes.
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7. Humming Bee Breath (Bhramari)

Benefits: Calms the mind, boosts nitric oxide (natural antiviral).

How to Do It:

1. Sit tall, close your eyes gently.
 2. Inhale slowly and deeply.
 3. Exhale while making a low humming sound like a bee: “mmm...”
 4. Repeat for 5–7 rounds.
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Suggested Weekly Schedule

Day	Poses to Practice
Monday	Cat-Cow, Side Stretch, Bhramari
Tuesday	Twist, Forward Fold, Eye Focus
Wednesday	Shoulder Rolls, Bhramari, Cat-Cow
Thursday	Side Stretch, Twist, Forward Fold
Friday	Eye Focus, Shoulder Rolls, Bhramari
Weekend	Rest or repeat your favorites



Tips for Best Results

- Practice at the same time each day (morning is best).
 - Breathe deeply in every pose.
 - Sit in a sturdy, straight-back chair (no wheels).
 - Don't force — be gentle and patient with your body.
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Final Note

Chair yoga is one of the **safest, easiest, and most effective** ways for seniors to build immunity — without medication, pills, or painful exercises.

Use this printable guide daily, even if you do just 2–3 poses. Your immune system, lungs, and mind will thank you.



Free to print, share, and practice. Stay well, breathe easy.

Website: chairyoga.blog

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