

# **Chair Yoga for Vertigo**

Gentle Relief for Seniors through Seated Practice

Chair yoga for vertigo is a gentle, safe, and science-supported approach designed especially for seniors facing balance issues, dizziness, and vestibular dysfunction. Through carefully selected movements and breathing exercises performed while seated, chair yoga provides a way to restore calm, enhance balance, and improve overall well-being-all without the risk of falls.

## **What is Vertigo?**

Vertigo is a sensation that you or your surroundings are spinning or tilting, even when you're perfectly still. According to the Mayo Clinic, "Vertigo is often caused by inner ear problems such as benign paroxysmal positional vertigo (BPPV), Meniere's disease, or vestibular neuritis."

Source: <https://www.mayoclinic.org/diseases-conditions/vertigo/symptoms-causes/syc-20370055>

## **How Chair Yoga Helps Vertigo**

Chair yoga incorporates slow movements and deep breathing that support the vestibular system, which controls balance and spatial orientation. Research published in the Journal of Geriatric Physical Therapy found that gentle yoga improved balance and reduced fear of falling in older adults.

Source:

[https://journals.lww.com/jgpt/Abstract/2010/01000/The\\_Effects\\_of\\_Yoga\\_on\\_Fall\\_Risk\\_Factors\\_in.4.aspx](https://journals.lww.com/jgpt/Abstract/2010/01000/The_Effects_of_Yoga_on_Fall_Risk_Factors_in.4.aspx)

## **Eye-Focus Tracking (Drishti Practice)**

Drishti, or focused gaze, helps retrain your brain and vestibular system. Sit upright and choose an object at eye level. Slowly turn your head left to right, keeping your eyes locked on the object. This is known to help reduce symptoms of dizziness by engaging the visual system.

Source: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6344299/>

## **Alternate Nostril Breathing (Anulom Vilom)**

Anulom Vilom is a yogic breathing technique that calms the nervous system and promotes equilibrium. A 2018 study in the International Journal of Yoga showed that alternate nostril breathing significantly reduced symptoms of anxiety and improved autonomic stability.

Source: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6145966/>

## **Neck Rolls and Shoulder Rolls**

Gentle neck and shoulder rolls loosen the upper body and increase blood flow to the brain, supporting vestibular function. According to Harvard Health, "Stretching and mobility exercises improve circulation and flexibility, which can help alleviate vertigo symptoms."

Source: <https://www.health.harvard.edu/>

## **Conclusion**

Chair yoga for vertigo offers a gentle, accessible path to relief. By practicing simple eye exercises, breathing techniques, and seated movements, seniors can take control of their dizziness and regain confidence in their balance. Always consult your doctor before starting any new exercise program, especially if you have a chronic condition or are on medication.