

■ Daily Chair Yoga Plan for Seniors

This free, senior-friendly guide gives you two simple routines you can follow daily. Print it and keep it by your chair for easy access.

■ 15-Minute Beginner Routine

- Warm-up (2 min): Shoulder rolls, neck stretches, ankle circles
- Strength (4 min): Seated leg lifts, seated arm raises
- Flexibility (4 min): Seated cat-cow, gentle side bends
- Balance (3 min): Seated marches, heel-to-toe taps
- Breathing (2 min): Deep belly breathing, relaxation

■ 20-Minute Balanced Routine

- Warm-up (3 min): Shoulder rolls, ankle circles, gentle twists
- Strength (5 min): Seated leg lifts, light arm raises with water bottles
- Flexibility (5 min): Seated cat-cow, seated forward bend, side bends
- Balance (3 min): Seated marches, seated side-to-side steps
- Breathing & Relaxation (4 min): Deep breathing, short meditation

■■ Safety Tips

- If you have arthritis, avoid forcing stretches—move slowly and gently.
- For COPD or asthma, focus on slow breathing and take breaks as needed.
- With heart conditions, avoid long holds and stop if you feel chest discomfort.
- Always sit in a sturdy chair (without wheels) for stability.
- Keep water nearby and listen to your body.