

7 Gentle Chair Yoga Poses for Parkinson's

(Always consult your doctor before starting a new exercise routine.)

1. Seated Mountain Pose (Tadasana)

How it helps: Improves posture and core engagement.

How to do it:

- Sit tall, feet flat on the floor.
 - Rest hands on thighs.
 - Take deep breaths, lengthening your spine with each inhale.
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2. Neck Stretch

How it helps: Reduces neck stiffness.

How to do it:

- Sit tall, shoulders relaxed.
 - Gently tilt head to the right, hold for 10 seconds.
 - Switch sides.
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3. Seated Side Stretch

How it helps: Increases side-body flexibility.

How to do it:

- Raise right arm overhead, lean left.

- Hold 10–15 seconds, switch sides.
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4. Seated Forward Bend

How it helps: Stretches back and hamstrings, encourages flexibility.

How to do it:

- Inhale tall, exhale and hinge forward from hips.
 - Keep back straight, hands toward feet.
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5. Heel Lifts

How it helps: Strengthens calf muscles and improves circulation.

How to do it:

- Feet hip-width apart, lift heels while keeping toes on the floor.
 - Lower slowly.
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6. Seated Spinal Twist

How it helps: Improves spinal mobility.

How to do it:

- Place right hand on left knee, gently twist left.
 - Hold 5–10 seconds, switch sides.
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7. Guided Breathwork (Pranayama)

How it helps: Calms the nervous system, reduces tremor intensity.

How to do it:

- Sit comfortably, inhale for 4 counts, exhale for 6.
- Repeat for 2–3 minutes.

Safety Tips for Seniors with Parkinson's

- Practice in a stable chair (no wheels).
- Wear supportive, non-slip shoes.
- Keep water nearby.
- Move slowly and mindfully.
- If dizzy, pause and breathe.