

## 1. Seated Mountain Pose (Tadasana)

### How to do it:

1. Sit tall on a sturdy chair with feet flat on the floor.
2. Relax your shoulders and rest your hands on your thighs.
3. Inhale deeply and raise your arms overhead.
4. Exhale and lower your arms.
5. Repeat 5–10 times.

### Benefits:

- Improves posture
- Strengthens back and core muscles
- Increases lung capacity



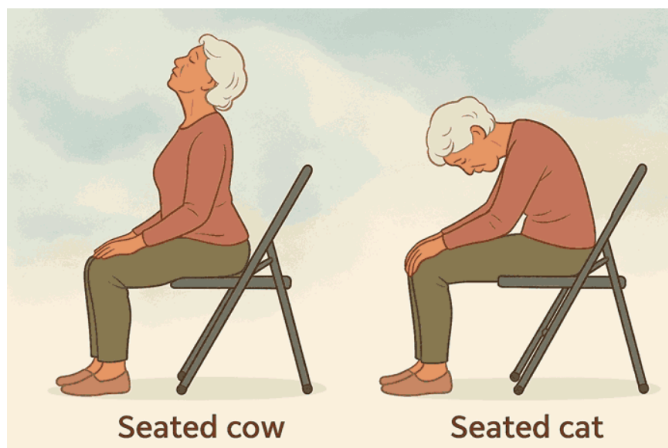
## 2. Seated Cat-Cow Stretch

### How to do it:

1. Place your hands on your knees.
2. Inhale and arch your back, lifting your chest (Cow).
3. Exhale and round your spine (Cat).
4. Repeat 5–10 times, moving slowly and mindfully.

### Benefits:

- Reduces stiffness in the spine
- Improves spinal flexibility



### Scientific Evidence:

A 2015 study in *Evidence-Based Complementary and Alternative Medicine* showed that spinal movements like Cat-Cow can improve mobility and reduce pain in seniors.

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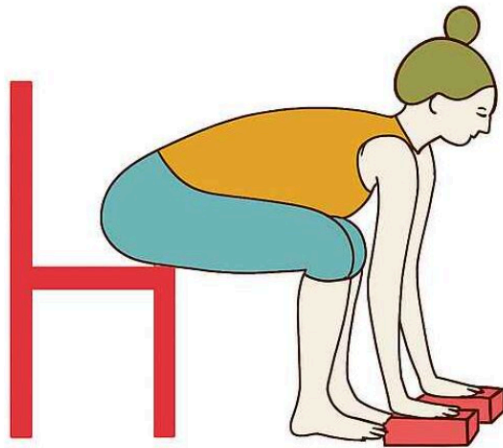
### 3. Seated Forward Bend (Paschimottanasana Variation)

#### How to do it:

1. Sit tall with feet hip-width apart.
2. Inhale and stretch your arms overhead.
3. Exhale and bend forward, reaching your hands toward your shins or ankles.
4. Hold for 5–10 breaths and slowly return to the starting position.

#### Benefits:

- Stretches hamstrings, lower back, and spine
- Relieves tension in the back and legs



## 4. Seated Side Stretch

### How to do it:

1. Sit tall with feet flat on the floor.
2. Inhale, raise your arms overhead.
3. Exhale and gently reach to the right side, keeping your back straight.
4. Hold for 5 breaths, then switch sides.

### Benefits:

- Opens up the ribcage
- Improves lung function
- Stretches obliques



## 5. Seated Twist

### How to do it:

1. Sit tall with feet flat on the floor.
2. Inhale, lengthen your spine.
3. Exhale, twist your torso gently to the right, holding onto the back of the chair if needed.
4. Hold for 3–5 breaths, then switch sides.

### Benefits:

- Enhances spinal flexibility
- Supports digestion
- Improves posture



## 6. Seated Leg Lifts

### How to do it:

1. Sit tall with feet flat on the floor.
2. Slowly lift your right leg straight in front of you, keeping your knee slightly bent.
3. Hold for 5–10 seconds, then lower.
4. Repeat with the left leg.

### Benefits:

- Strengthens quadriceps
- Improves circulation
- Supports knee health

**Tip:** Add light ankle weights for extra strength training if comfortable.



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## 7. Seated Shoulder Rolls

### How to do it:

1. Sit tall with arms relaxed by your sides.
2. Roll shoulders backward 5 times, then forward 5 times.

### Benefits:

- Relieves shoulder tension
- Improves posture
- Reduces stiffness

