

Senior Chair Yoga Sequence (Gentle Full-Body Routine)

A simple 15–20 minute sequence designed to increase mobility, reduce stiffness, and restore calm all from the comfort of your chair.


You can practice this daily, morning or evening. All you need is a **sturdy chair** (no wheels) and a few minutes of quiet.

Warm-Up (3–5 Minutes)

Before diving into the poses, take a few minutes to awaken your body and focus your breath.

1 Seated Mountain Pose (Tadasana)


Sit tall, feet flat, shoulders relaxed, hands on thighs.
Inhale deeply, lifting through the crown of your head.
Exhale slowly.

 *Breathe for 5 rounds*

 *Benefit:* Improves posture and breath control.

2 Shoulder Rolls

Gently roll shoulders up, back, and down in slow circles.
Repeat 10 times each direction.

 *Benefit:* Releases upper-body stiffness and tension.

3 Neck Stretch

Tilt your head to one side (ear to shoulder), hold 3 breaths, switch sides.

 *Benefit:* Loosens neck muscles, reduces tension headaches.

Main Chair Yoga Sequence (10–12 Minutes)

1. Seated Cat–Cow Stretch

Place hands on your knees.

Inhale: arch your back and lift your chest.


Exhale: round your spine gently.

Repeat 8–10 times.

 *Benefit:* Improves spinal flexibility and relieves back stiffness.

2. Seated Side Stretch

Place your right hand on the chair, lift your left arm up, lean gently right. Hold 3 breaths, then switch sides.

 *Benefit:* Opens the ribs and enhances lung capacity.

3. Seated Twist (Spinal Mobility Pose)

Hold the chair's side with your right hand, twist gently from the waist. Look over your shoulder, hold for 3–5 breaths, switch sides.

 *Benefit:* Improves digestion and spinal rotation.

4. Seated Knee Lifts

Hold the sides of the chair, lift one knee toward your chest, lower slowly. Alternate legs, 10 times each.

 *Benefit:* Strengthens hips, thighs, and core muscles.

5. Seated Leg Extensions

Straighten one leg, flex your foot, hold for 3 breaths, lower gently. Repeat 6–8 times per leg.

 *Benefit:* Increases knee stability and boosts circulation.

6. Seated Arm Circles

Extend your arms to your sides, make small circles. 10 forward, 10 backward.

 *Benefit:* Enhances shoulder mobility and posture.

7. Seated Forward Fold

Hinge forward from your hips, relax your head and arms. Breathe deeply for 5 slow breaths.

 *Benefit:* Stretches the lower back and calms the mind.

Cool-Down & Relaxation (3–5 Minutes)


1. Seated Ankle Rolls

Lift one foot, rotate your ankle clockwise and counterclockwise (10 times each).
Switch legs.

 *Benefit:* Improves balance and ankle strength.


2. Seated Deep Breathing

Sit tall, close your eyes.
Inhale through your nose for 4 counts, hold for 2, exhale for 6.
Repeat 4–5 rounds.

 *Benefit:* Calms the nervous system and lowers stress.


3. Gratitude Pause

Sit quietly for 30 seconds.
Take a deep breath and thank your body for showing up today.

 *“Consistency is more important than perfection.”*

Free Printable PDF – Senior Chair Yoga Sequence

Want a visual version of this routine?

 Download Your Free Printable Chair Yoga Sequence PDF Includes:

- Step-by-step illustrated guide
- Pose duration chart
- Breathing reminders
- Space to track your progress

You can print it and keep it by your chair — perfect for daily practice.


Need a Full Routine Plan? Try the 21-Day Challenge eBook

If you're ready to stay consistent, the "21 Days Challenge – Chair Yoga for Seniors" eBook gives you:

- ✓ A 3-week printable calendar
- ✓ Daily chair yoga sequences (like this one)
- ✓ Breathing and relaxation routines
- ✓ Gentle progress tracking

Only **\$9.99**, available here:

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 Combine your Free Printable PDF + this eBook = a complete home wellness plan.

Science Behind This Sequence

- **Harvard Health (2024)**: Chair yoga reduces pain, boosts flexibility, and improves mood in adults 60+.
 - **NIH (2023)**: Regular chair-based yoga improves balance and reduces fall risk in older adults.
 - **Frontiers in Aging Neuroscience (2022)**: Mindful movement practices like chair yoga enhance cognitive health and emotional resilience in seniors.
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Weekly Schedule (Example)

Day	Focus	Duration
Monday	Full sequence	20 min
Tuesday	Cat–Cow, Twist, Forward Fold	15 min
Wednesday	Side Stretch, Knee Lifts, Breathing	15 min
Thursday	Full sequence + Gratitude Pause	20 min

Friday	Gentle 10-min version	10 min
Weekend	Light movement or rest	Optional

Safety Tips

- Always use a stable, non-slippery chair.
- Move slowly — never rush transitions.
- If you feel dizzy or in pain, stop immediately.
- Keep water nearby and breathe naturally.
- Practice barefoot for better grounding.