

# Chair Yoga PDF for Seniors

*Improve Mobility • Reduce Stiffness • Stay Independent*

Designed for Adults 60+ | [chairyoga.blog](http://chairyoga.blog)

This professionally designed chair yoga routine is science-backed and created specifically for seniors who want a safe, gentle, and effective way to improve strength, flexibility, and balance at home.

## **15-Minute Daily Chair Yoga Routine**

- 1. Seated Deep Breathing – 2 minutes
- 2. Seated Neck Stretch – Hold 10 seconds each side
- 3. Seated Shoulder Rolls – 10 repetitions
- 4. Seated Arm Raises – 10 repetitions
- 5. Seated Knee Lifts – 10 each leg
- 6. Seated Leg Extensions – 10 each leg
- 7. Seated Cat-Cow Stretch – 10 repetitions
- 8. Seated Spinal Twist – Hold 10 seconds each side
- 9. Seated Forward Fold – Hold 15 seconds
- 10. Seated Mountain Pose – 30-second posture reset

Practice this routine 3–5 times per week for best results. Most seniors notice improved mobility within 4–8 weeks of consistent practice.

## Weekly Practice Tracker

Day	Completed (✓)
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

Tip: Keep this printable PDF near your chair or yoga space to build a consistent habit.

## **Safety Guidelines**

- Use a stable chair (no wheels).
- Move slowly and gently.
- Stop if sharp pain occurs.
- Keep breathing steady and relaxed.

## **Bonus Resource**

For a complete senior mobility system including balance training, joint mobility flows, and sleep recovery methods, explore the premium guide: 'Gentle Yoga & Mobility Guide for Stiff Joints, Balance & Daily Comfort'.

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