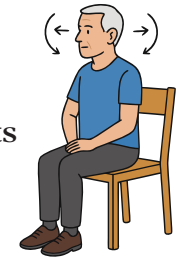
Chair Yoga Exercises *For Seniors*

1. Three Part Breathing

2. 'No' & 'Yes' Head Movements



3. Side Neck Stretch

4. Back of the Neck Stretch

5. Nose Circles

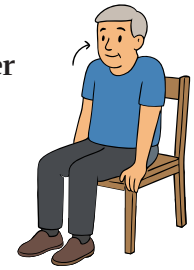
6. Wrist Figure Eights

7. Wrist Flexion & Extension

8. Carpal Tunnel Stretch

9. Arms Overhead

10. Shoulder Shrugs



11. Shoulder Swimming

12. Side Bend

13. Cat/Cow Tilts

14. Hug Opposite Shoulders

15. Chest Opener

16. Cross-Leg Twist

17. Hip Opener

18. Forward Bend

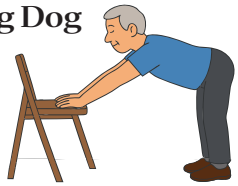
19. Point/Flex Feet

20. Ankle Rotations

21. Lunge

22. Seated Downward Facing Dog

23. Standing Downward Facing Dog



24. Relaxation Pose

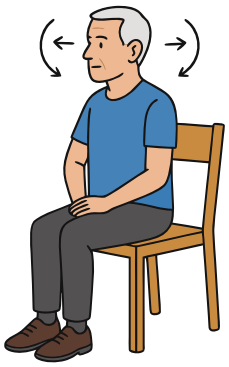
Chair Yoga Exercise

1. Three Part Breathing

- Sit in a chair with feet on the floor, hips distance apart.
- Place hands on lower belly and breathe into hands (1–2 minutes).
- Place hands on rib cage and breathe into hands (1–2 minutes).
- Place hands on upper chest and breathe into hands (1–2 minutes).

'2. No' & 'Yes' Head Movements

- From a seated position, turn head left and right, keeping chin level (Repeat 10 times).
- Do not force head to go the same amount on both sides.
- Lift chin and lower chin without crunching the back of your neck (Repeat 10 times).



3. Side Neck Stretch

- Drop your right ear to your right shoulder.
- Place your right hand on your left ear for an extra stretch.
- Hold for 5 breaths.
- Release and lift your head back up to center.
- Repeat on the left side.

4. Back of the Neck Stretch

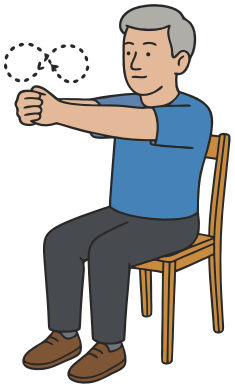
- Turn head to the right and drop chin toward shoulder.
- Place right hand on back of head for extra stretch (Hold 5 breaths).
- Release head and lift it up before turning back to center.
- Repeat on the left side.

5. Nose Circles

- With head centered, pretend you are drawing a circle with your nose.
- Try to control the circle and keep it round.
- Repeat to both sides (10 times each).

6. Wrist Figure-Eights

- Clasp your hands together.
- Make figure-eight motions with your wrists.
- Repeat in both directions, 10 times each.

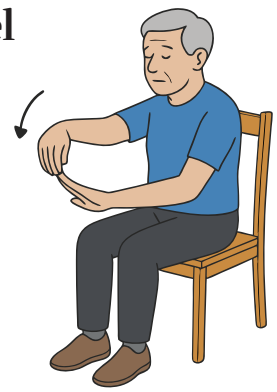


7. Wrist Flexion & Extension

- Hold right arm in front of torso with palm facing away.
- Use left hand to gently pull back on palm, stretching the underside of the wrist.
- Repeat with palm facing toward you (Hold 3 breaths each side).

8. Carpal Tunnel Stretch

- Place right hand on left shoulder.
- Place left arm behind your back.
- Drop chin to right shoulder, then raise chin up and to the left.
- Repeat (10 times on both sides).



Chair Yoga Exercise

9. Arms Overhead

- Clasp your hands together and turn your palms toward your knees.
- Inhale as you raise your arms overhead, pressing through the mounds of your index fingers.
- Relax your shoulders down your back.
- Release your arms to your sides and lower them.

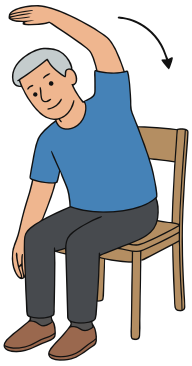
10. Shoulder Shrugs

- Roll shoulders forward, up, back, and down slowly, making a backward circle.
- Repeat (5–10 times).

11. Shoulder Swimming

- Make a backstroke motion with right shoulder, followed by left shoulder.
- Allow side of waist to get into the motion by swaying your torso back and forth.
- Repeat (5–10 times).

12. Side Bend



- Hold the chair with your right hand and inhale as you lift your left arm overhead.
- Lean to the right, stretching your left waist.
- Hold for 3–5 breaths.
- Repeat on the other side.

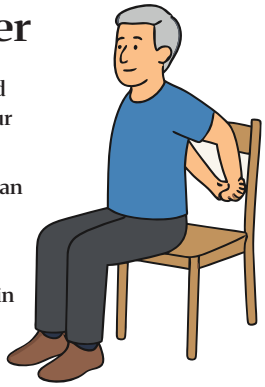
13. Cat/Cow Tilts

- Place hands on knees.
- Inhale, press tailbone back towards chair and lift chest, drawing shoulders back.
- Exhale, round back and press tailbone forward, pressing navel towards spine.
- Repeat 10 times.

14. Hug Opposite Shoulders

- Inhale as you raise arms out to sides.
- Exhale and cross right elbow over left, hugging opposite shoulders.
- Draw shoulders down the back and lift elbow points.
- Hold for 10 breaths. Repeat on the other side.

15. Chest Opener



- Sit forward in the chair and hold the edges of the seat behind your back.
- Inhale, lift your chest; exhale, lean forward over your legs.
- Press your feet into the floor.
- Optionally, gently drop your chin for more stretch.
- Hold for 5–10 breaths.

16. Cross-Leg Twist

- Cross right thigh over left.
- Inhale, sit up tall; exhale, bring left arm outside of right knee, right arm on chair back.
- Twist navel, ribs, and chest, allowing head to follow.
- Hold for 10 breaths each side.

Chair Yoga Exercise

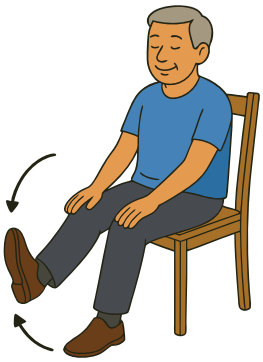
17. Hip Opener

- Place right ankle over left knee and flex right foot.
- Gently press upper right thigh out and exhale, leaning forward over legs.
- Press left foot into floor and thighs into seat.
- Hold for 10 breaths each side.

18. Forward Bend

- Hold onto the chair seat and inhale to sit up tall.
- Exhale, lean forward over your legs.
- Rest your elbows on your knees or come all the way forward.
- Hold for 10 breaths.
- Inhale as you sit back up.

19. Point/Flex Feet



- Extend right leg forward.
- Alternately point and flex foot.
- Repeat 10 times on each side.
- Bring both feet under knees.
- Alternately lift toes and then heels.
- Repeat 10 times.

20. Ankle Rotations

- Extend both legs and begin rotating ankles in opposite directions.
- Repeat 10 times in each direction.

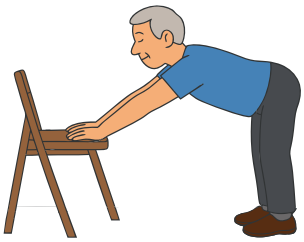
21. Lunge

- **Seated Variation:** Draw your right knee into your chest and hold around your shin.
- Press your left foot into the floor.
- **Standing Variation:** Place your hands on the chair and step your right foot forward, left foot back.
- Press into your back heel.
- Hold for 5 breaths.

22. Seated Downward Dog

- Press hands into table and push seat back, extending arms overhead.
- Press hips into chair and feet into floor.
- Relax shoulders away from ears.
- Hold for 5–10 breaths.

23. Standing Downward Dog



- Stand facing a chair.
- Place hands on the seat and step feet back to create a right angle between legs and torso.
- Relax shoulders down the back and engage belly.
- Hold for 10 breaths. Walk

24 Relaxation Pose

- **Seated Variation:** Sit in the chair and cross your arms on a table, resting your forehead on your crossed arms.
- **Lying Variation:** Lie on your back with your calves resting on the chair seat.
- Breathe consciously through your nose.
- Rest for 5–10 minutes.

30 Days
Chair Stretch Challenge

1. Three Part Breathing	2. 'No' & 'Yes' Head Movements	3. Side Neck Stretch	4. Back of the Neck Stretch	5. Nose Circles

Day	1. Three Part Breathing	2. 'No' & 'Yes' Head Movements	3. Side Neck Stretch	3. Side Neck Stretch	5. Nose Circles
Day 1	1 reps	10 reps	10 reps	1 min	10 reps
Day 2	1 reps	10 reps	10 reps	1 min	10 reps
Day 3	1 reps	10 reps	10 reps	1 min	10 reps
Day 4			**Rest Day**		
Day 5	1 reps	10 reps	10 reps	1 min	10 reps
Day 6	2 reps	11 reps	11 reps	1.10 min	11 reps
Day 7	2 reps	11 reps	11 reps	1.10 min	11 reps
Day 8			**Rest Day**		
Day 9	2 reps	11 reps	11 reps	1.10 min	11 reps
Day 10	2 reps	11 reps	11 reps	1.10 min	11 reps
Day 11	3 reps	12 reps	12 reps	1.20 min	12 reps
Day 12			**Rest Day**		
Day 13	3 reps	12 reps	12 reps	1.20 min	12 reps
Day 14	3 reps	12 reps	12 reps	1.20 min	12 reps
Day 15	3 reps	12 reps	12 reps	1.20 min	12 reps
Day 16			**Rest Day**		
Day 17	4 reps	13 reps	13 reps	1.30 min	13 reps
Day 18	4 reps	13 reps	13 reps	1.30 min	13 reps
Day 19	4 reps	13 reps	13 reps	1.30 min	13 reps
Day 20			**Rest Day**		
Day 21	5 reps	14 reps	14 reps	1.40 min	14 reps
Day 22	5 reps	14 reps	14 reps	1.40 min	14 reps
Day 23	5 reps	14 reps	14 reps	1.40 min	14 reps
Day 24			**Rest Day**		
Day 25	5 reps	14 reps	14 reps	1.40 min	14 reps
Day 26	6 reps	15 reps	15 reps	1.50 min	15 reps
Day 27	6 reps	15 reps	15 reps	1.50 min	15 reps
Day 28			**Rest Day**		
Day 29	6 reps	15 reps	15 reps	1.50 min	15 reps
Day 30	6 reps	15 reps	15 reps	1.50 min	15 reps

30 Days
Chair Stretch Challenge

6. Wrist Figure Eights	7. Wrist Flexion & Extension	8. Carpal Tunnel Stretch	9. Arms Overhead	10. Shoulder Shrugs

Day	6. Wrist Figure Eights	7. Wrist Flexion & Extension	8. Carpal Tunnel Stretch	9. Arms Overhead	10. Shoulder Shrugs
Day 1	1 reps	10 reps	10 reps	1 min	10 reps
Day 2	1 reps	10 reps	10 reps	1 min	10 reps
Day 3	1 reps	10 reps	10 reps	1 min	10 reps
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30 Days
Chair Stretch Challenge

11. Shoulder Swimming	12. Side Bend	13. Cat/Cow Tilts	14. Hug Opposite Shoulders	15. Chest Opener

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30 Days
Chair Stretch Challenge

16. Cross-Leg Twist	17. Hip Opener	18. Forward Bend	19. Point/Flex Feet	20. Ankle Rotations

Day	16. Cross-Leg Twist	17. Hip Opener	18. Forward Bend	19. Point/Flex Feet	20. Ankle Rotations
Day 1	1 reps	10 reps	10 reps	1 min	10 reps
Day 2	1 reps	10 reps	10 reps	1 min	10 reps
Day 3	1 reps	10 reps	10 reps	1 min	10 reps
Day 4	Rest Day	Rest Day	Rest Day	Rest Day	Rest Day
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30 Days
Chair Stretch Challenge

21. Lunge	22. Seated Downward Facing Dog	23. Standing Downward Facing Dog	24. Relaxation Pose	25. Three Part Breathing

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Daily Workplace

Easy Desk Stretches

Tricep Dips Down

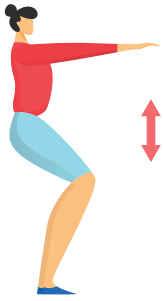
Tricep Dips Up

Seated Side Stretch

Standing Chair Chest Opener

Standing Desk Stretch

Stand Side Bend



Chair Squat

Seated Leg Extension

Seated Alternating Knee Lifts

Standing Arm Stretch

Standing Quad Stretch

Standing Knee Raise

30 Day Health Challenge

Chew 30 times	Drink a lot of water	Eat six small meals a day	Eat more fruits	Drink herbal tea
Eat mindfully	Avoid salt	Don't eat processed foods	Laugh and smile	Don't deprive yourself
Take a cold shower	Walk to work	Do chair yoga exercises daily	Eat more vegetables	Regular doctor checkups
Keep in phone contact with friends	Make homemade food	Grocery shop mindfully	Don't eat past 7 pm	Stretch
Buy a herb plant	Use sunscreen	Walk with friends	Sleep for eight hours	Don't eat refined sugar
Focus on your posture	Give up weighing yourself	Avoid saturated fats	Eat lean meat	Eat whole carbs

Weekly Chair Yoga Tracker

Week of: _____ **Month:** _____

Day	Date	Chair Yoga Completed?	Duration (Min)	Energy Level (1–5)	Notes / Reflections
		☐ Yes ☐ No		☆ ☆ ☆ ☆ ☆ Note:	
		☐ Yes ☐ No		☆ ☆ ☆ ☆ ☆	
		☐ Yes ☐ No		☆ ☆ ☆ ☆ ☆	
		☐ Yes ☐ No		☆ ☆ ☆ ☆ ☆	
		☐ Yes ☐ No		☆ ☆ ☆ ☆ ☆	
		☐ Yes ☐ No		☆ ☆ ☆ ☆ ☆	
		☐ Yes ☐ No		☆ ☆ ☆ ☆ ☆	

Weekly Goals

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

Weekly Goals Note:

How I feel after this week:

Weekly Overview Calendar

Month: _____ **Year:** _____

Week Of	Days Completed	Favorite Pose	Minutes Practiced	How I Felt Overall
	S M T W T F S Total _____ Days Completed			Note:
	S M T W T F S Total _____ Days Completed			Note:
	S M T W T F S Total _____ Days Completed			Note:
	S M T W T F S Total _____ Days Completed			Note:
	S M T W T F S Total _____ Days Completed			Note:

One thing I loved about doing chair yoga this month was:	Why I loved:

How I feel after this Month:	For the next month: