

Chair Yoga for Seniors

Free Printable Gentle Seated Routine

A calm chair yoga routine for seniors — gentle seated stretches and breathing to ease stiffness, improve posture, and relax. No mat and no floor work; all you need is a sturdy chair.

The Gentle Seated Routine

1. **Seated Mountain Breath** Sit tall; inhale the arms up overhead, exhale them down slowly. — 5 breaths
2. **Neck Release** Drop one ear toward the shoulder, breathe, then switch sides. — 4 each side
3. **Seated Cat-Cow** Inhale to arch and open the chest; exhale to round the back. — 6 reps
4. **Seated Twist** Hand on the opposite knee, lengthen and gently twist with the exhale. — 4 each side
5. **Eagle Arms** Cross the forearms, lift the elbows, and stretch across the shoulders. — hold 3 breaths each
6. **Seated Forward Fold** Hinge forward over the legs with a flat back; let the head hang. — hold 5 breaths
7. **Ankle & Wrist Circles** Circle both wrists, then one ankle at a time, slowly. — 8 each
8. **Final Rest** Hands on the lap, eyes soft, breathe slowly and settle. — 8 breaths

7-Day Tracker

Day 1 <input type="checkbox"/>	Day 2 <input type="checkbox"/>	Day 3 <input type="checkbox"/>	Day 4 <input type="checkbox"/>	Day 5 <input type="checkbox"/>	Day 6 <input type="checkbox"/>	Day 7 <input type="checkbox"/>
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Safety: Move within a pain-free range and keep your breathing natural. Use a sturdy, stable chair without wheels. Stop if you feel dizzy or short of breath. If you have a health condition, ask your doctor before starting.

Want guided audio and video for gentle seated practice? Get the free Tai Chi Coach app: <https://taichi.help>

Based on gentle chair yoga and Tai Chi practice and public guidance from the US National Center for Complementary and Integrative Health (NCCIH).