

Printable Chair Tai Chi Exercises

Free printable chart — 10 gentle seated exercises

A gentle routine you can do at home, fully seated on a stable chair. No equipment, no experience needed. Move slowly, stay in a comfortable range, and keep breathing calmly. Use a sturdy chair without wheels on a non-slip floor.

The 10 exercises

- 1 **Seated centering breath** — Sit tall, feet flat, hands resting on your thighs. Breathe slowly into your lower belly — 5 breaths
- 2 **Open the chest** — As you inhale, open your arms wide; as you exhale, bring them together in front of your chest — 6 reps
- 3 **Seated cloud hands** — Turn gently from the waist while your hands float in front of your body — one rises as the other sinks — 8 movements
- 4 **Part the wild horse's mane** — Cross your forearms in front of your chest, then open diagonally while turning your torso slightly — 6 per side
- 5 **Push the mountain** — Slowly press both palms forward at chest height, then draw them back smoothly — 8 reps
- 6 **Gentle waist turns** — Place one hand on the opposite knee, lengthen your spine, and turn gently as you exhale — 6 per side
- 7 **Seated knee lifts** — Hold the edge of the chair, slowly lift one knee, pause briefly, and lower it with control — 6 per leg
- 8 **Ankle circles** — Lift one foot slightly and circle the ankle slowly in both directions, then switch — 8 circles per foot
- 9 **White crane spreads its wings** — One hand rises above your head while the other sinks by your hip; let your gaze follow the upper hand — 6 reps
- 10 **Closing calm** — Rest both palms on your lower belly, breathe slowly and deeply, and take a moment to notice how you feel — 5 breaths

7-day tracker

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
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Safety: move pain-free and keep breathing naturally. Take a break if you feel dizzy. If you have a chronic condition, are recovering from surgery, or have significant balance problems, please check with your doctor first.

Want guided videos for every exercise? Get the free Tai Chi Coach app: taichi.help

Based on general tai chi practice and public guidance from the US National Center for Complementary and Integrative Health (NCCIH).

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