



10-Minute Chair Yoga Routine

A gentle daily flow you can do seated, from a sturdy chair

Free printable chart — print it and keep it somewhere you'll see it every day.

Educational guidance, not medical advice. Check with a doctor before starting, move only within a comfortable range, and stop for pain, dizziness, or chest symptoms.

Why short daily routines work best

When it comes to gentle movement, little and often beats occasional big efforts. A brief routine done every day is easier to stick with, gentler on the body, and just as effective for maintaining flexibility, circulation, and mobility as a longer, less frequent session. Ten minutes feels achievable even on a low-energy day — and it is the consistency, not the length, that delivers the benefits.

Before you begin: safety basics

- **Use a sturdy chair** — a stable, non-rolling chair that won't tip, ideally without arms in the way, on a non-slip floor.
- **Sit well** — feet flat on the floor, back supported or upright, and relaxed shoulders.
- **Move within a comfortable range** — gentle movements only; never force, bounce, or push into pain.
- **Breathe steadily** — don't hold your breath; slow, easy breathing throughout.
- **Check with your doctor first**, especially with health conditions, recent surgery, or a long period of inactivity.

Watch out

Stop immediately and rest — and seek help for chest pain, severe breathlessness, or dizziness — if anything feels wrong. Chair yoga should feel gentle and comfortable; sharp pain is a signal to stop, never to push through.

The 10-minute flow, minute by minute

A gentle top-to-bottom sequence. Move slowly, breathe steadily, and skip or modify anything that isn't comfortable.

1

Settle and breathe

Sit tall with feet flat, hands resting on your thighs. Take slow, deep breaths for a minute, letting the shoulders relax and the body settle.

2

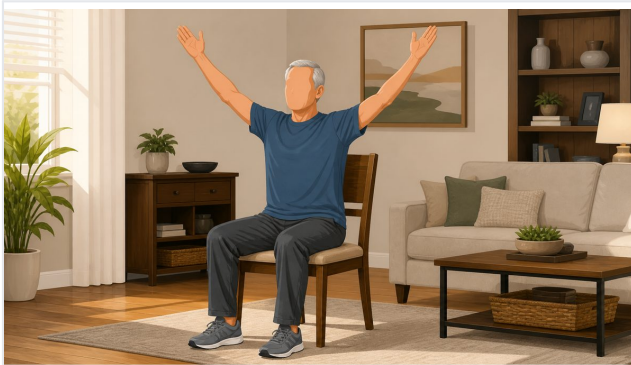
Neck and shoulder release

Gently drop the chin toward the chest and roll the head slowly side to side. Then roll the shoulders backward a few times, easing tension in the neck and upper back.

3

Arm raises and reaches

Raise both arms out and up as far as is comfortable, then lower. Reach one arm up and gently to the side, then the other, opening the sides of the body.



Raise both arms out and up, then reach gently to each side.

4

Gentle seated twist

With feet planted, place a hand on the opposite knee and turn gently through the torso to look over one shoulder, then the other. Keep it slow and within an easy range.

5

Seated side bends

Rest one hand on the chair and reach the other arm up and over gently to the side, feeling a light stretch, then switch sides.

6

Seated marches and knee lifts

Lift one knee, lower it, then the other, marching gently in place. This wakes up the legs and hips and boosts circulation.



Lift one knee, then the other — marching gently in place.

7

Ankle circles and heel raises

Lift one foot and circle the ankle both ways, then the other. Then raise the heels and lower, and lift the toes and lower, to keep the feet and ankles mobile.

8

Final stretch and breathing

Reach both arms up for a gentle full-body stretch, then rest the hands down and finish with a minute of slow, calming breaths.

The routine at a glance

#	Move	In a nutshell
1	Settle & breathe	Slow, deep breaths for about a minute
2	Neck & shoulders	Chin to chest, head side to side, roll shoulders back
3	Arm raises & reaches	Arms out and up, then reach to each side
4	Gentle seated twist	Hand on opposite knee, look over each shoulder
5	Seated side bends	Reach one arm up and over to each side
6	Marches & knee lifts	Lift each knee, marching gently in place
7	Ankle circles & heels	Circle each ankle, then heel and toe raises
8	Final stretch & breathe	Reach up, then rest and slow, calming breaths

When to use this routine

The best time is whenever it fits reliably into the day — consistency matters more than the exact hour.

- **Mornings** — a gentle way to loosen stiff joints and energize the day.
- **Midday** — a refreshing movement break to counter sitting.
- **Anytime the body feels stiff** — a quick reset to ease tension and get the blood moving.
- **As part of a routine** — anchoring it to an existing daily habit helps it stick.

Caregiver tips and tracking progress

- **Keep it light and positive** — encourage without pressure, celebrate showing up, and make it enjoyable (music can help).
- **Join in** — doing it together adds company, motivation, and gentle supervision.
- **Be patient** — flexibility and strength build gradually over weeks; small gains are real progress.
- **Watch for progress signs** — easier movement, less stiffness, better circulation, and growing confidence.

Keep it going

Company and consistency make a short routine stick — encourage gently, join in when you can, and pair it with supportive footwear and steady fall-prevention habits. Small, steady gains over weeks are exactly what you're looking for.