

28-Day Chair Yoga Chart

A gentle seated plan for seniors. Tick each day you practice.

Start date: _____ Name: _____

Week 1 Settle in about 5 min	Day 1 5 min ☐	Day 2 5 min ☐	Day 3 5 min ☐	Day 4 Rest day ☐	Day 5 5 min ☐	Day 6 5 min ☐	Day 7 Rest day ☐
Week 2 Wake up the spine about 8 min	Day 8 8 min ☐	Day 9 8 min ☐	Day 10 8 min ☐	Day 11 Rest day ☐	Day 12 8 min ☐	Day 13 8 min ☐	Day 14 Rest day ☐
Week 3 Twist and strengthen about 10 min	Day 15 10 min ☐	Day 16 10 min ☐	Day 17 10 min ☐	Day 18 Rest day ☐	Day 19 10 min ☐	Day 20 10 min ☐	Day 21 Rest day ☐
Week 4 The full routine about 12 min	Day 22 12 min ☐	Day 23 12 min ☐	Day 24 12 min ☐	Day 25 Rest day ☐	Day 26 12 min ☐	Day 27 12 min ☐	Day 28 Rest day ☐

Rest days: rest, or just sit tall and take 5 slow breaths. Missed a day? Carry on from the next one.

Use a sturdy chair without wheels. Move gently, never into pain. Stop for pain, dizziness, breathlessness or chest symptoms. Check with a doctor before starting. Educational guidance, not medical advice.

Your plan, week by week

Each week keeps the poses you know and adds one or two more.

Week 1 • Settle in

about 5 min a day, 5 days a week

- Seated Mountain + slow breathing
- Neck and shoulder rolls
- Ankle circles and heel raises
- Wrist and finger stretches

Week 2 • Wake up the spine

about 8 min a day, 5 days a week

- Everything from Week 1
- Seated Cat-Cow
- Seated side stretch

Week 3 • Twist and strengthen

about 10 min a day, 5 days a week

- Everything from Week 2
- Gentle seated twist
- Seated leg extensions

Week 4 • The full routine

about 12 min a day, 5 days a week

- Everything from Week 3
- Seated forward fold (optional)
- Finish with 1 minute of slow breathing

How to do each pose

Seated Mountain

Sit tall toward the front of the chair, feet flat, hands on thighs. Breathe slowly for 5 breaths.

Neck and shoulder rolls

Ease the chin down and roll the head slowly side to side. Roll the shoulders back 5 times.

Ankle circles and heel raises

Circle each ankle both ways, then lift and lower both heels 5 times.

Wrist and finger stretches

Open and close the hands 5 times, then circle the wrists gently.

Seated Cat-Cow

Hands on knees. Breathe in and lift the chest; breathe out and round the back. Repeat 5 times.

Seated side stretch

Reach one arm up and lean softly to the side for 3 breaths. Switch sides.

Gentle seated twist

Hand on the opposite knee, turn slowly to look over one shoulder for 3 breaths. Switch.

Seated leg extensions

Straighten one knee, hold for 2 breaths, lower. 5 times each leg.

Seated forward fold

Hinge forward a little with a long back, hands sliding down the legs. 3 breaths, then sit up slowly.

Safety first

Breathe steadily and never hold your breath. Skip the forward fold and the twist if you have osteoporosis, back problems or recent surgery, unless your doctor or physical therapist says they are fine for you.

Ready for more? The 4-Week System adds 40 illustrated poses, each with an easier and a stronger option.

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