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Chair Exercise Class Kit

Display slides: one deck per class

Class 1: Gentle Start

Class 2: Easy Mobility

Class 3: Seated Strength

Class 4: Stiff Knees, Hips & Shoulders

Class 5: Tai Chi Foundations

Class 6: Tai Chi Flow 1

Class 7: Tai Chi Flow 2

Class 8: The Full Chair Tai Chi Form

Class 9: Steady Feet

Class 10: Balance Builders

Class 11: Everyday Strength

Class 12: Tai Chi Walking Arms

Slides 157–162: universal slides for any class

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CHAIR YOGA · CLASS 1 OF 12

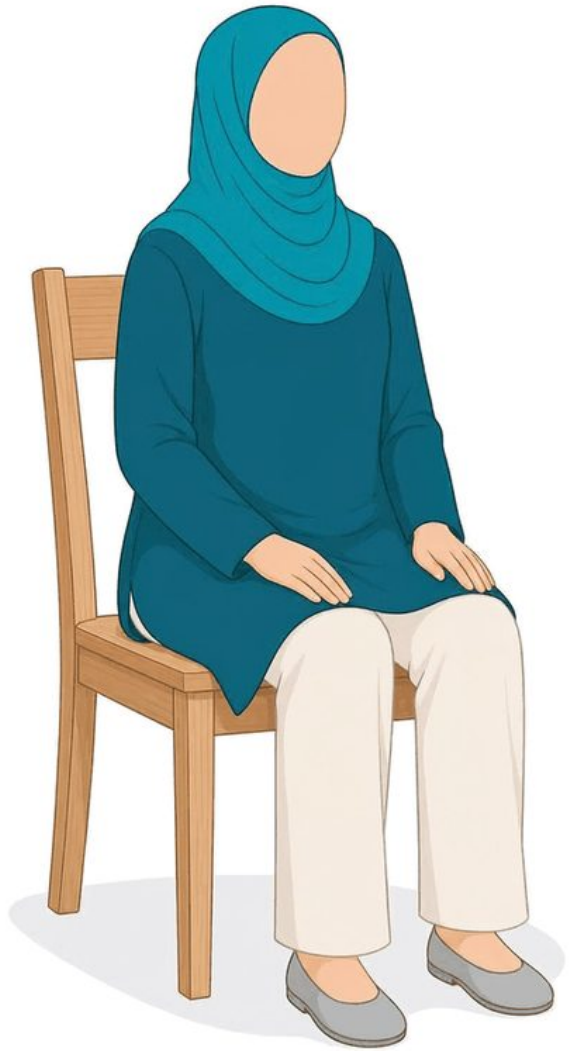
Gentle Start

All seated, all small movements: breath, neck, shoulders, wrists, ankles and an easy march.

TODAY

Welcome	3 min
Warm-up	6 min
Main set	14 min
Cool-down	5 min
Close	2 min

Move gently.
Stop if anything hurts.



WARM-UP

Seated Mountain

5 slow breaths

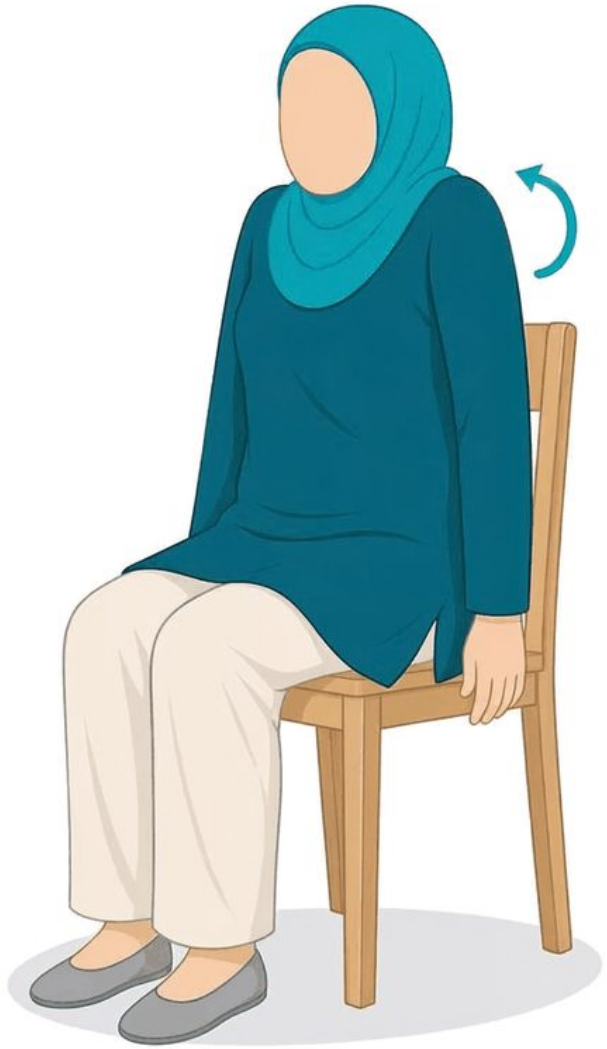
Easier: Sit back against the chair for support.

WARM-UP

Seated Deep Breathing

5–8 breaths

Easier: Simply breathe naturally and notice each breath.

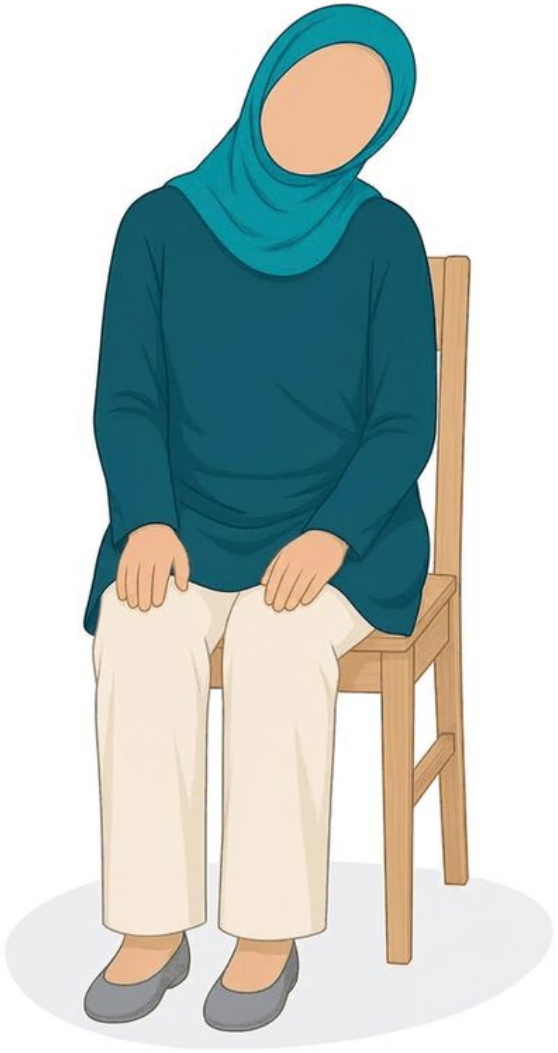


WARM-UP

Seated Shoulder Rolls

5 each way

Easier: Just lift and lower the shoulders.

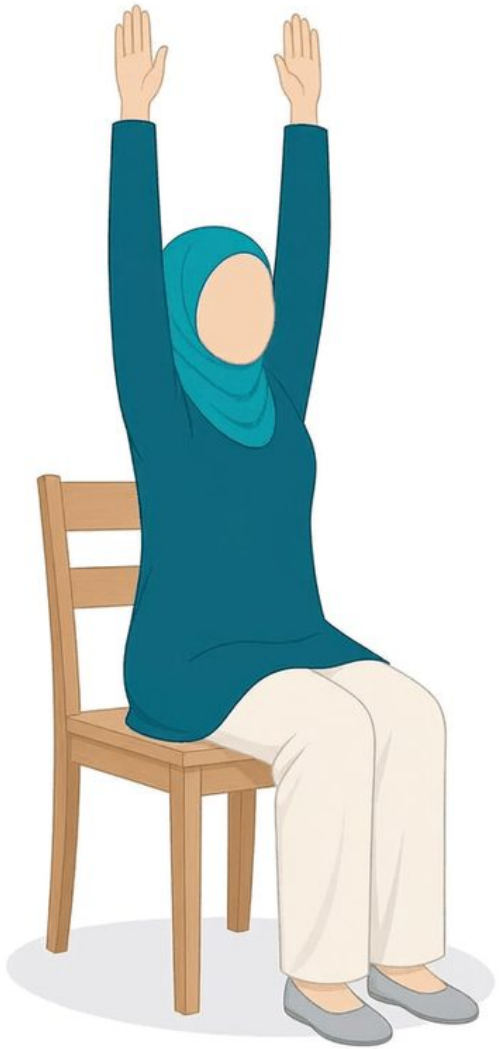


MAIN SET

Seated Neck Release

3 breaths each side

Easier: Make the tilt very small.

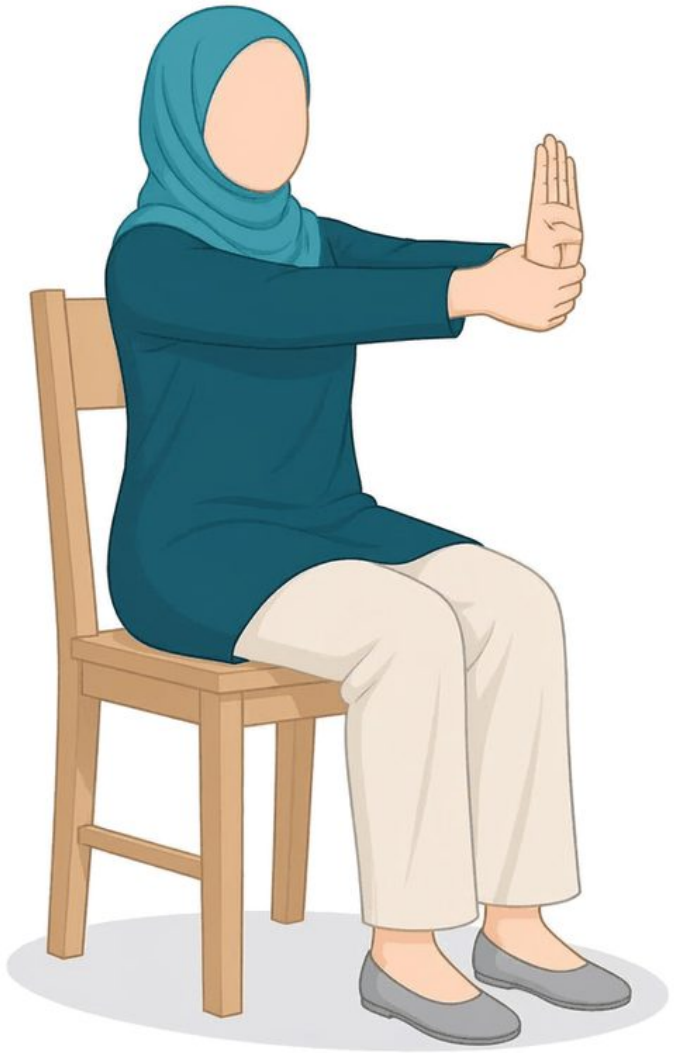


MAIN SET

Seated Overhead Reach

5 times

Easier: Raise your arms to shoulder height only.

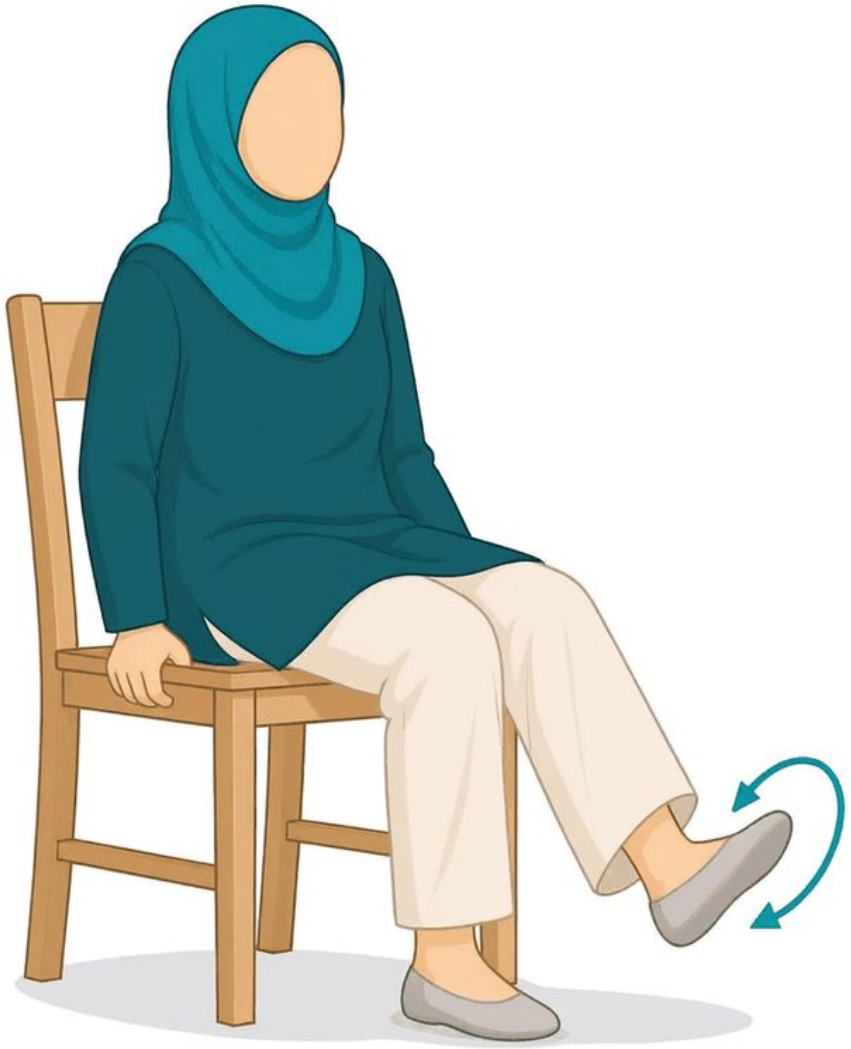


MAIN SET

Wrist & Finger Stretch

3 breaths each hand

Easier: Simply open and close your fingers.



MAIN SET

Seated Ankle Circles

5 each way

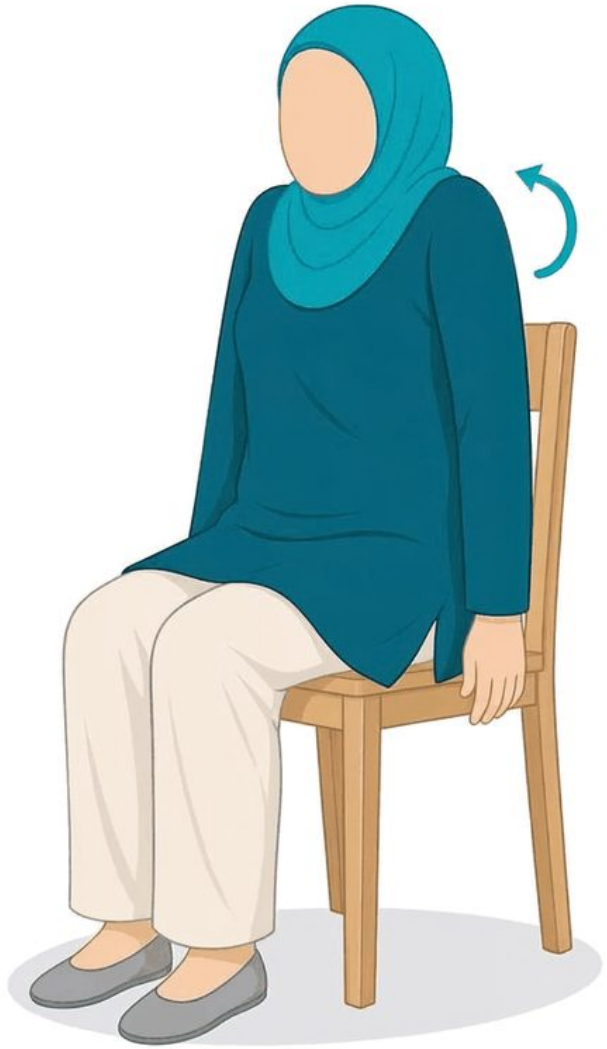
Easier: Keep the heel down and tap your toes.

MAIN SET

Seated Marching

10–20 steps

Easier: Lift your heels only.

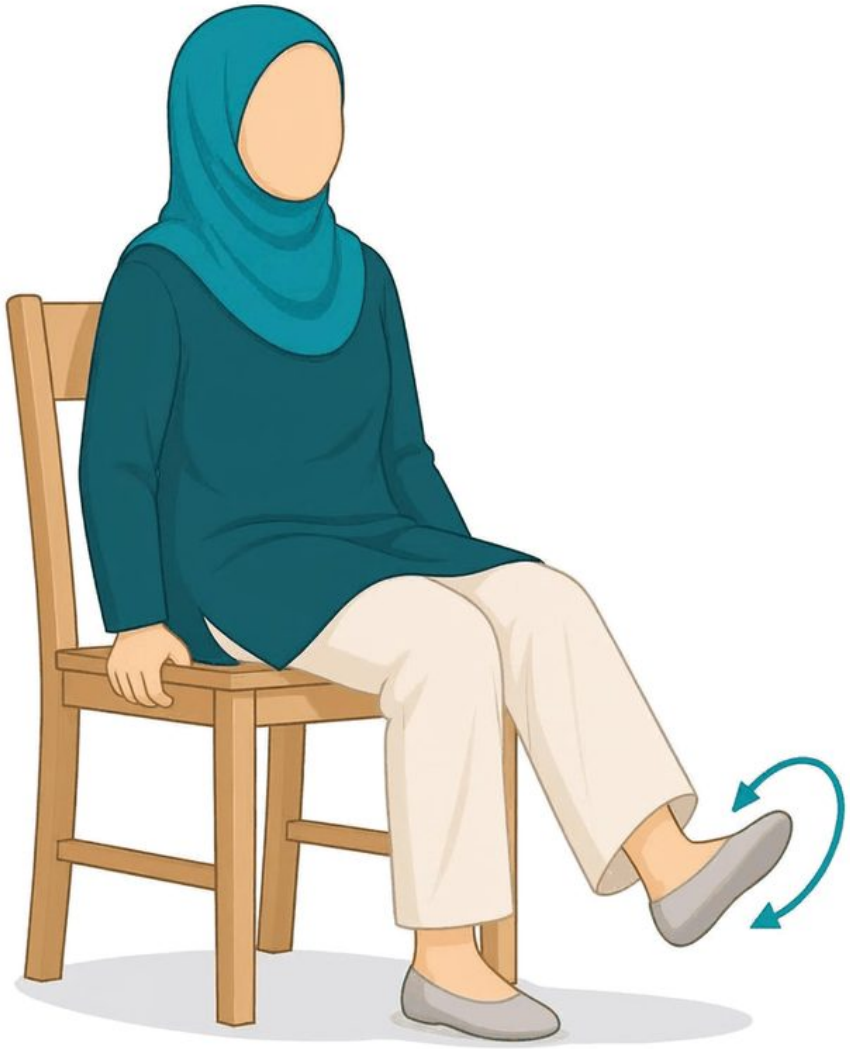


MAIN SET · Second round

Seated Shoulder Rolls

5 each way

Easier: Just lift and lower the shoulders.



MAIN SET · Second round

Seated Ankle Circles

5 each way

Easier: Keep the heel down and tap your toes.

MAIN SET

Second round

Seated Marching

10–20 steps

Easier: Lift your heels only.

COOL-DOWN

Seated Relaxation

1–3 minutes

Easier: Keep your eyes open and just rest.

Well done, everyone

Sit quietly for a moment before you stand.

Have some water.

Class 1: Gentle Start