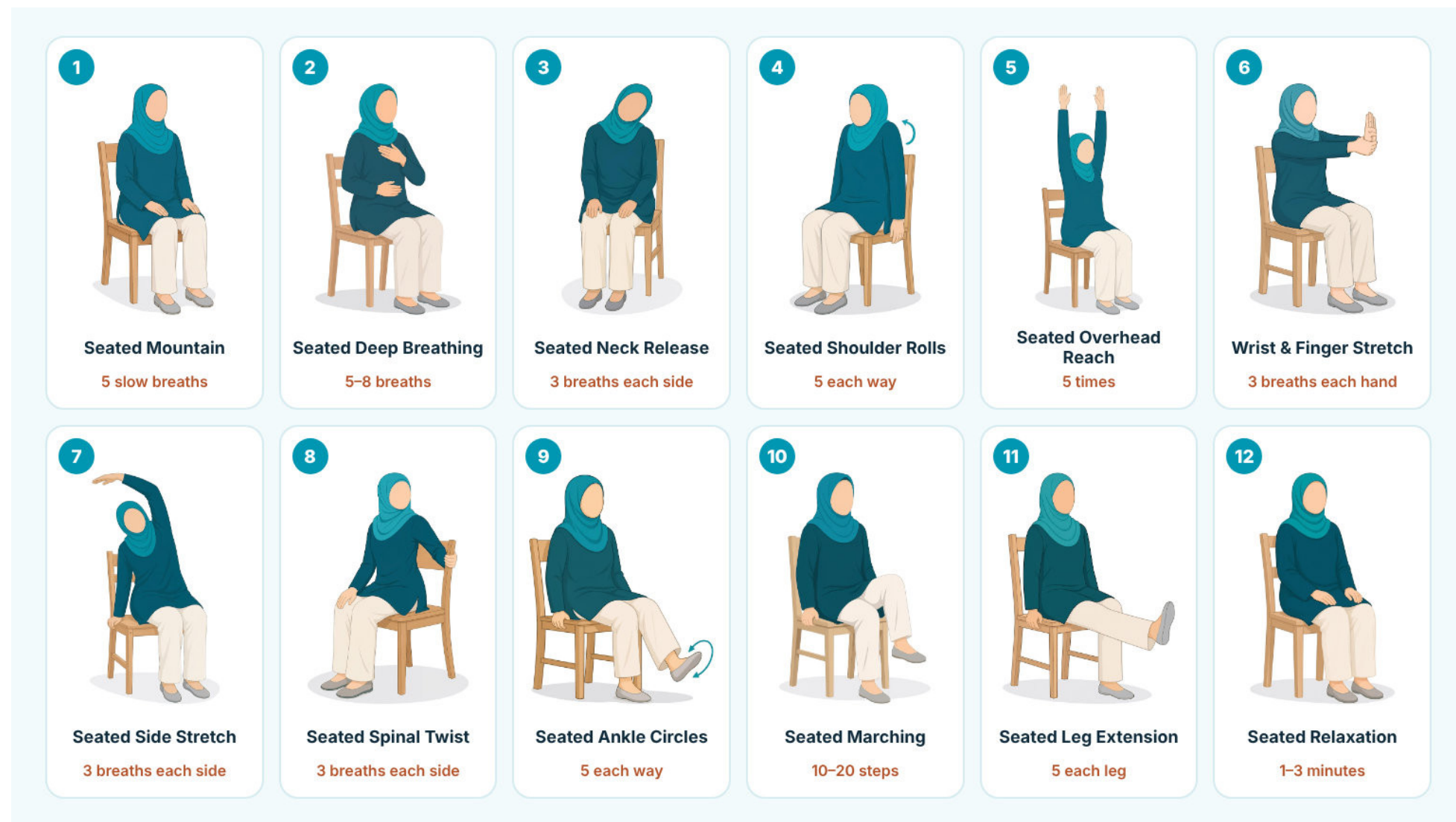


Free Printable Chair Yoga for Seniors - 12 Seated Poses

Do the poses in order, about 10 minutes. Sit tall toward the front of a sturdy chair without wheels, feet flat.



Move slowly and keep breathing - never hold your breath. A gentle stretch, never pain. Stop if anything hurts or you feel dizzy. Check with a doctor before starting, especially with a health condition. Educational guidance, not medical advice.

Every pose explained, with a picture: elderlydaily.com/seniors-daily/printable-chair-yoga-for-seniors