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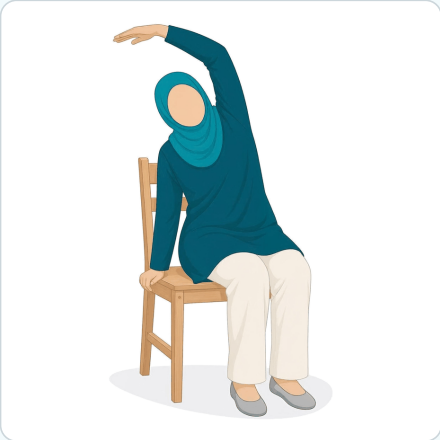
Chair Yoga Starter

A gentle 10-minute seated routine

Twelve illustrated poses you can do from a sturdy chair, in one calm routine. Each pose has three simple steps, an easier option, and how long to hold it.

A free guide from ElderlyDaily.







- [x] 12 illustrated seated poses, step by step
- [x] One 10-minute routine, in order
- [x] A one-page wall chart and a 7-day tracker

A gentle movement guide, not medical advice. Check with your doctor before starting a new exercise routine, and stop if anything hurts or you feel dizzy.

Before You Begin

Five minutes of setup makes every session safer and more comfortable.

Your chair and space

- [ ] Sturdy chair that doesn't roll or fold
- [ ] Chair against a wall or on a non-slip floor
- [ ] Non-slip shoes or bare feet
- [ ] Feet rest flat on the floor
- [ ] Clear space around you
- [ ] Water within reach

How to move

- Move slowly and keep breathing — never hold your breath.
- Stay in a comfortable range: a gentle stretch, never pain.
- Use the “easier” option on any pose, any day.
- Do the poses in order — the routine starts and ends calmly.

Stop and rest if you feel

Sharp pain, dizziness or light-headedness, numbness or tingling, or unusual shortness of breath. If you have chest pain or severe breathlessness, stop and call your local emergency number.

Talk to your doctor first if

You've recently had surgery or a joint replacement, you've had falls, you have a heart, lung, bone or balance condition, or you're unsure whether these movements suit you.

Fill on screen or print

The tracker on page 8 can be ticked on screen in Adobe Acrobat Reader — or print any page and write on it.

Your 12 Poses

Do them in this order. Take your time the first few sessions.



5 slow breaths

01 Seated Mountain

1. Sit toward the front of the chair, feet flat and hip-width apart.
2. Lengthen up through the top of your head; let your shoulders relax down.
3. Rest your hands on your thighs and breathe slowly.

Easier: Sit back against the chair for support.
A little more: Sit tall without the backrest for a few extra breaths.



5–8 breaths

02 Seated Deep Breathing

1. Sit tall with one hand on your chest and the other on your upper stomach.
2. Breathe in slowly through the nose and feel your lower hand rise.
3. Breathe out gently, a little longer than the in-breath.

Easier: Simply breathe naturally and notice each breath.
A little more: Count 4 in and 6 out.



3 breaths each side

03 Seated Neck Release

1. Sit tall and let your shoulders drop.
2. Slowly tilt one ear toward the same shoulder, only as far as is comfortable.
3. Return to center and repeat on the other side.

Easier: Make the tilt very small.
A little more: Rest a hand lightly on your head — never pull.

Your 12 Poses (continued)



5 each way

04 Seated Shoulder Rolls

1. Sit tall with your arms relaxed by your sides.
2. Lift your shoulders toward your ears, then roll them back and down.
3. Keep the circles slow and smooth.

Easier: Just lift and lower the shoulders.
A little more: Add the same number of circles forward.



5 times

05 Seated Overhead Reach

1. Sit tall with your hands in your lap.
2. Breathing in, raise both arms forward and up as high as is comfortable.
3. Breathing out, lower them slowly.

Easier: Raise your arms to shoulder height only.
A little more: Interlace your fingers and reach up.



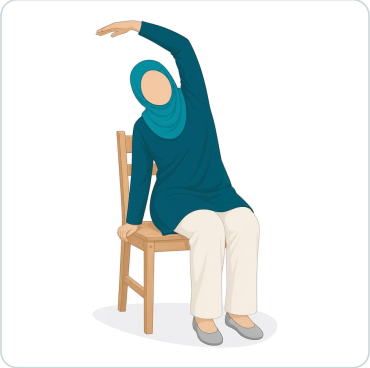
3 breaths each hand

06 Wrist & Finger Stretch

1. Hold one arm forward, palm facing out, fingers pointing up.
2. With the other hand, gently ease the fingers back toward you.
3. Release, shake out the hand, and switch sides.

Easier: Simply open and close your fingers.
A little more: Finish with slow wrist circles.

Your 12 Poses (continued)



3 breaths each side

07 Seated Side Stretch

1. Sit tall with one hand resting on the chair seat.
2. Reach the other arm up and gently over to the side.
3. Return slowly and switch sides.

Easier: Rest the hand on your shoulder instead of reaching up.
A little more: Stay for one extra breath.



3 breaths each side

08 Seated Spinal Twist

1. Sit tall with both feet flat on the floor.
2. Turn gently from the middle back, one hand on the opposite knee, the other on the chair back.
3. Return to center and turn the other way.

Easier: Turn only a little and keep your hands in your lap.
A little more: Look over your shoulder, staying comfortable.



5 each way

09 Seated Ankle Circles

1. Sit tall and hold the sides of the chair.
2. Lift one foot slightly and circle the ankle slowly.
3. Change direction, then switch feet.

Easier: Keep the heel down and tap your toes.
A little more: Trace the letters A to E with your toes.

Your 12 Poses (continued)



10–20 steps

10 Seated Marching

1. Sit tall and hold the sides of the chair.
2. Lift one knee a little, lower it, then lift the other.
3. Keep a steady, comfortable rhythm.

Easier: Lift your heels only.
A little more: Add gentle arm swings.



5 each leg

11 Seated Leg Extension

1. Sit tall and hold the sides of the chair.
2. Straighten one knee to lift the foot, toes pointing up.
3. Lower slowly, then switch legs.

Easier: Slide the foot forward along the floor instead.
A little more: Hold the straight leg for 3 counts.



1–3 minutes

12 Seated Relaxation

1. Sit comfortably with your hands open on your lap.
2. Close your eyes if you like and let your body soften.
3. Notice your breath for a minute, then get up slowly.

Easier: Keep your eyes open and just rest.
A little more: Stay for 2–3 minutes.

Your 10-Minute Routine — Wall Chart

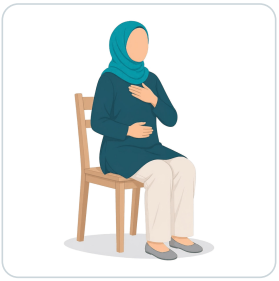
Print and pin up where you practise. Follow the numbers in order.

1



Seated Mountain
5 slow breaths

2



Seated Deep Breathing
5–8 breaths

3



Seated Neck Release
3 breaths each side

4



Seated Shoulder Rolls
5 each way

5



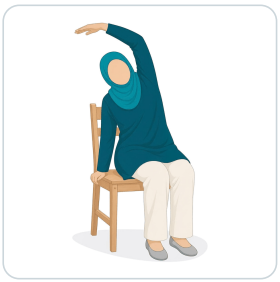
Seated Overhead Reach
5 times

6



Wrist & Finger Stretch
3 breaths each hand

7



Seated Side Stretch
3 breaths each side

8



Seated Spinal Twist
3 breaths each side

9



Seated Ankle Circles
5 each way

10



Seated Marching
10–20 steps

11



Seated Leg Extension
5 each leg

12



Seated Relaxation
1–3 minutes

Your First 7 Days

Tick a day each time you do the routine. Most people find it easier to keep going once it's part of the same time each day.

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
☐	☐	☐	☐	☐	☐	☐

My usual time

Where I'll practise

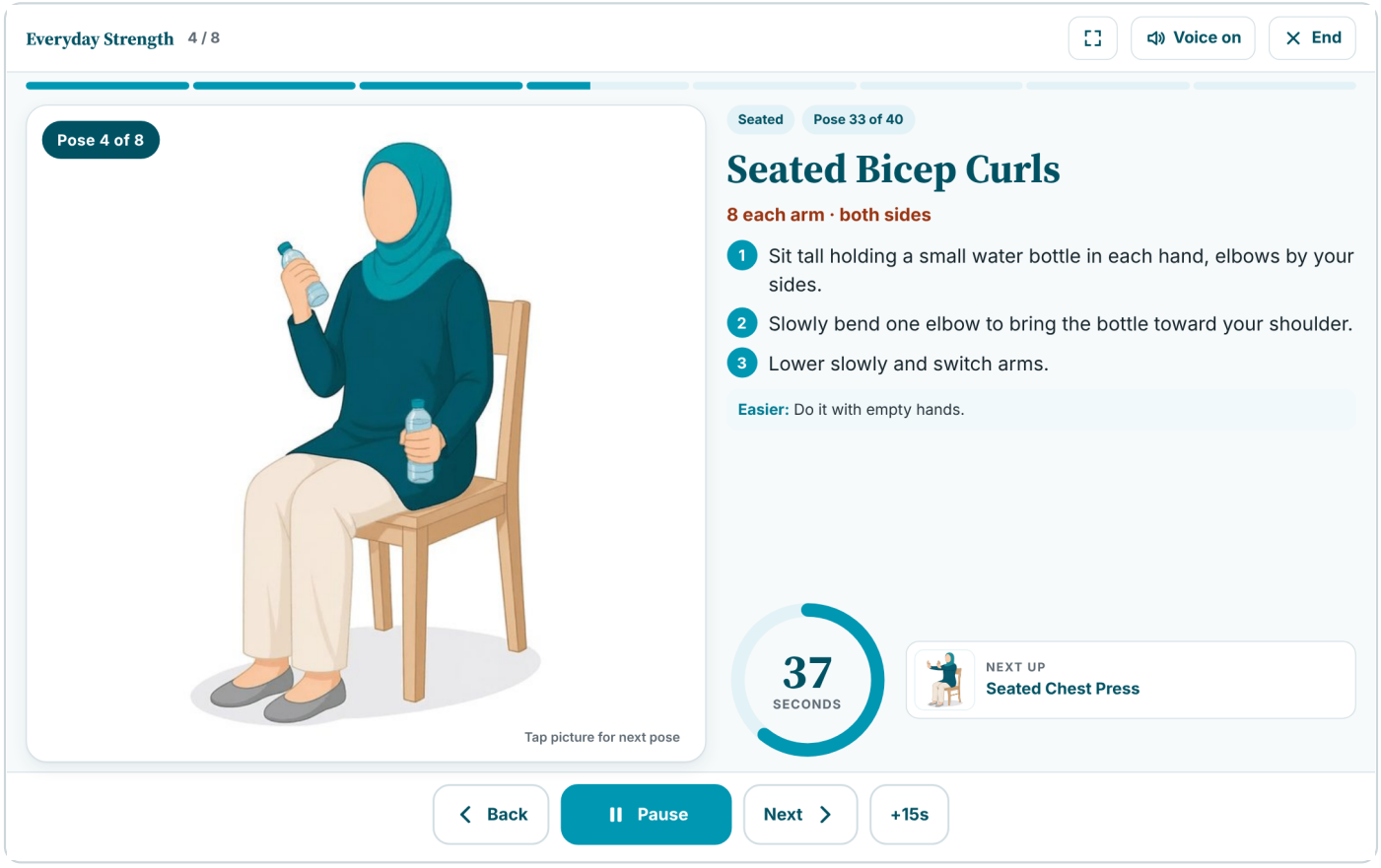
How I felt after the first week

Poses I'll use the easier option for

Ready for the Full Program?

If this routine has become part of your week, the Chair Yoga for Seniors — Complete 4-Week System builds on it, step by step.

- [x] **40 illustrated poses**
  Including seated strength work and supported standing, each with easier and stronger options
- [x] **A 4-week program**
  What to do each day, when to rest, and how to progress
- [x] **7 routines for different days**
  Stiff knees, morning wake-up, evening wind-down, everyday strength and more
- [x] **On-screen Follow-Along Player**
  Each pose on screen with a timer and an optional voice guide
- [x] **Fillable tracker & large-print wall charts**
  A 28-day habit tracker, practice logs and a chart for every week



The Follow-Along Player, included with the 4-Week System

See the 4-Week System ›

elderlydaily.gumroad.com/l/chair-yoga-4-week-system