



Morning Chair Yoga for Seniors

A gentle wake-up sequence to ease morning stiffness

Free printable chart — print it and keep it by the bed or the chair you use each morning.

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

Why a gentle morning start helps

After a night's rest the body is naturally stiff — joints are tight, muscles are cold, and balance can feel less sure in those first minutes. A few gentle minutes on waking eases that stiffness, warms up the joints, boosts circulation, and helps you feel steadier and more confident as you start the day. It also lifts mood and energy, setting a positive tone.

Morning safety basics

- **Rise fully first** — get out of bed carefully (sit on the edge before standing) and be properly awake before starting.
- **Use a sturdy chair** — stable and non-rolling, on a non-slip floor, feet flat, back supported.
- **Go extra gently in the morning** — the body is stiff, so ease in slowly and never force a stretch.
- **Breathe steadily** and move within a comfortable range.
- **Check with your doctor first** if you have health conditions or are new to exercise.

Watch out

Stop and rest if anything hurts, and seek help for chest pain, severe breathlessness, or dizziness. Mornings can bring a dip in blood pressure on rising — if you feel lightheaded, sit quietly until it passes before continuing.

A gentle morning wake-up sequence

A soft, joint-by-joint sequence to ease into the day — slow and comfortable throughout.

1

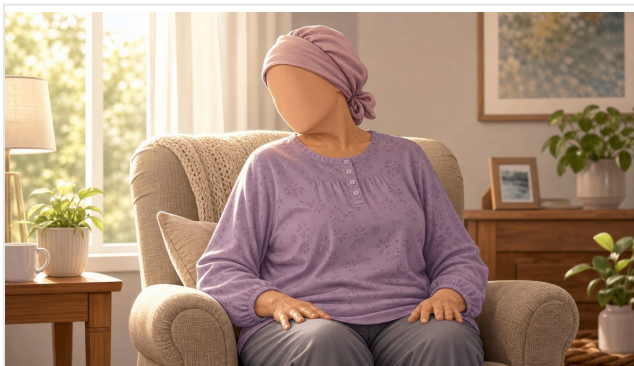
Wake-up breaths

Sit tall, feet flat, hands on thighs. Take slow, deep breaths for a minute, gently waking the body and calming the mind.

2

Neck and shoulders

Lower the chin and turn the head slowly side to side, then roll the shoulders backward a few times to release overnight tension.



Ease the head side to side, then roll the shoulders back.

3

Arm raises

Raise both arms out and up as far as is comfortable, then lower. Repeat a few times to open the chest and shoulders.

4

Gentle twist and side stretch

Turn gently through the torso to each side, then reach one arm up and over to stretch each side of the body.

5

Wake the legs

March gently in place with alternating knee lifts, then circle each ankle, to get circulation moving in the legs and feet.



Gentle seated marches, then circle the ankles.

6

Full-body stretch and finish

Reach both arms up for a gentle stretch, then relax the hands down and take a few final easy breaths, ready for the day.

The sequence at a glance

#	Move	In a nutshell
1	Wake-up breaths	Slow, deep breaths for about a minute
2	Neck & shoulders	Head slowly side to side, roll shoulders back
3	Arm raises	Arms out and up as far as comfortable, then lower
4	Twist & side stretch	Gentle torso twist, then reach up and over each side
5	Wake the legs	Gentle seated marches, then circle the ankles
6	Full-body finish	Reach up, relax the hands, a few final easy breaths

How long and how often

- **A few minutes is plenty** — even 5–10 minutes eases stiffness and sets a good tone.
- **Every morning** — daily consistency delivers the benefits and builds the habit.
- **Build gradually** — add a little time or a few more movements as it feels good.
- **Don’t rush** — a calm, unhurried pace matters more than getting through every movement.

Keep it going

Company helps a morning practice take root — gentle encouragement, doing it together, and patience with slow progress. Supportive footwear and steady fall-prevention habits carry the morning’s benefits into the day.