

Printable Chair Yoga for Seniors

7 gentle seated poses - a ~10-minute daily routine - ElderlyDaily.com

Before you begin

Always check with a doctor before starting, especially after surgery, a fall, or with heart or balance conditions. Use a sturdy chair without wheels. Move slowly and stop if you feel dizzy, short of breath, or any sharp pain.

The 7 Core Chair Yoga Poses

1 Seated Mountain Pose

Improves posture and breathing

seated-mountain-pose

How to do it:

1. Sit tall with feet flat on the floor
2. Place hands on thighs
3. Roll shoulders back and down
4. Take 5 deep breaths
5. Feel your spine lengthen

Caregiver tip: Ensure they are in a sturdy chair without wheels

Suggested: 5 breaths, 2-3 times

2 Overhead Stretch

Opens the chest and improves shoulder mobility

overhead-stretch

How to do it:

1. Sit tall with feet flat
2. Raise both arms overhead slowly
3. Reach toward the ceiling gently
4. Hold for 3-5 breaths
5. Lower the arms slowly

Caregiver tip: If they have shoulder arthritis, just lifting the arms halfway is enough to stimulate blood flow

Suggested: 3-5 times

3 Seated Cat-Cow

Relieves back stiffness and improves spine flexibility

seated-cat-cow

How to do it:

1. Sit forward slightly, hands on knees
2. Inhale: arch the back, look up gently
3. Exhale: round the spine, tuck the chin
4. Move slowly with your breath
5. Feel the gentle stretch in your back

Caregiver tip: Great for relieving the lower-back pain that comes from sitting all day

Suggested: 8-10 rounds

4 Ankle Rotations

Reduces swelling and improves circulation

ankle-rotations

How to do it:

1. Lift the right foot slightly off the floor
2. Circle the ankle slowly clockwise 5 times
3. Circle counter-clockwise 5 times
4. Repeat with the left foot
5. Keep movements gentle and controlled

Caregiver tip: Essential for fluid retention and reducing swelling in the lower legs

Suggested: 5 circles each way, both feet

5 Seated Side Stretch

Opens the ribcage and improves breathing

seated-side-stretch

How to do it:

1. Sit tall, feet flat
2. Raise the right arm overhead
3. Lean gently to the left
4. Hold for 3 breaths
5. Repeat on the other side

Caregiver tip: Watch for balance - make sure they do not lean too far to one side

Suggested: 3 times each side

6 Seated Twist

Improves digestion and spine mobility

seated-twist

How to do it:

1. Sit sideways in the chair
2. Hold the chair back with both hands
3. Gently twist toward the back
4. Keep hips facing forward
5. Hold for 5 breaths, then switch sides

Caregiver tip: Keep movements slow and gentle - no forcing the twist

Suggested: 2-3 times each side

7 Seated Breathing Exercise

Calms the mind and improves oxygen flow

seated-breathing-exercise

How to do it:

1. Sit comfortably, close eyes if desired
2. Place one hand on the belly
3. Inhale slowly through the nose for 4 counts
4. Exhale slowly through the mouth for 6 counts
5. Feel the belly rise and fall

Caregiver tip: Perfect for ending the routine and reducing anxiety

Suggested: 5-10 breaths

Free Printable Chair Yoga Chart (daily reference)

#	Exercise	Duration	Benefit	Track
1	Seated Mountain Pose	5 breaths	Posture	<input type="checkbox"/>
2	Overhead Stretch	3-5 times	Shoulder mobility	<input type="checkbox"/>
3	Seated Cat-Cow	8-10 rounds	Back flexibility	<input type="checkbox"/>
4	Ankle Rotations	5 each way	Circulation	<input type="checkbox"/>
5	Seated Side Stretch	3 each side	Breathing	<input type="checkbox"/>
6	Seated Twist	2-3 each side	Digestion	<input type="checkbox"/>
7	Seated Breathing Exercise	5-10 breaths	Relaxation	<input type="checkbox"/>

Best time: morning or afternoon - hydrate before and after - aim for daily practice.

Printable 28-Day Chair Yoga Plan

Week 1: Foundation — Learning the basics

- Days 1-3: Seated Mountain Pose + Seated Breathing Exercise (5 min)
- Days 4-5: Add Overhead Stretch + Ankle Rotations (8 min)
- Days 6-7: Add Seated Side Stretch (10 min)

Goal: Build comfort with seated positions and breathing

Week 2: Building Flexibility — Gentle spine movement

- Days 8-10: Add Seated Cat-Cow (12 min)
- Days 11-12: Add Seated Twist (12 min)
- Days 13-14: Full routine with breaks (15 min)

Goal: Improve spine mobility and reduce stiffness

Week 3: Deepening Practice — Refining each pose

- Days 15-17: All 7 poses, focus on form (15 min)
- Days 18-19: Hold each pose a few breaths longer (15 min)
- Days 20-21: Flow through all 7 smoothly (15 min)

Goal: Build endurance and refine each movement

Printable 28-Day Chair Yoga Plan (continued)

Week 4: Consistency & Progress — Making it a habit

- Days 22-24: Full routine, hold poses longer (15 min)
- Days 25-26: Add extra reps where comfortable (15 min)
- Days 27-28: Celebrate progress, keep going (15 min)

Goal: Establish a daily habit and notice improvements