

60 Chair Yoga Moves

Large-print, one move per page.
For seniors, caregivers, activity directors.

Always check with your physician before starting any exercise program.

Stop immediately if you feel sharp pain or dizziness.

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Seated Breath

How to do it

Sit tall. Inhale through nose for 4 counts.
Hold for 2. Exhale through mouth for 6. Repeat
5x.

Why

Calms the nervous system. Do anytime.

Neck Rolls

How to do it

Slowly drop chin to chest. Roll right ear toward right shoulder. Continue in a half-circle to the left. 3 each direction.

Why

Releases shoulder tension. Skip if dizzy.

Shoulder Shrugs

How to do it

Lift both shoulders to ears. Hold 3 counts.

Drop. Repeat 8 times.

Why

Releases held stress in trapezius.

Shoulder Rolls

How to do it

Roll shoulders forward 5 times. Then backward 5 times. Slow and full circles.

Why

Improves shoulder mobility.

Arm Circles

How to do it

Extend arms to sides at shoulder height. Make small forward circles 10x. Then backward 10x.

Why

Wakes up the upper body.

Eagle Arms

How to do it

Cross right arm under left at elbows. Wrap forearms, palms touching. Lift elbows. Hold 5 breaths. Switch.

Why

Releases upper back.

Side Stretch

How to do it

Right hand on chair. Reach left arm overhead and to the right. Hold 5 breaths. Switch.

Why

Lengthens the spine.

Seated Twist

How to do it

Hands on opposite knees. Inhale, lengthen.
Exhale, twist gently right. Hold 5 breaths.
Switch.

Why

Improves spine mobility.

Cat-Cow

How to do it

Hands on knees. Inhale, arch back, look up.
Exhale, round back, chin to chest. Repeat 8x.

Why

Lubricates the spine.

Forward Fold

How to do it

Slowly hinge at hips. Reach hands toward floor. Hang for 5 breaths. Slowly roll up.

Why

Releases low back. Skip if blood-pressure issues.

Knee to Chest

How to do it

Hug right knee toward chest with both hands.

Hold 5 breaths. Switch.

Why

Stretches hip and low back.

Ankle Circles

How to do it

Lift right foot. Circle ankle 10x each direction. Switch.

Why

Improves circulation.

Heel Lifts

How to do it

Feet flat. Lift heels keeping toes down.

Lower. Repeat 15x.

Why

Activates calf muscles.

Toe Lifts

How to do it

Feet flat. Lift toes keeping heels down.

Repeat 15x.

Why

Strengthens shin muscles.

Seated Marching

How to do it

March feet up and down for 30 seconds, lifting knees high.

Why

Light cardio. Pace yourself.

Knee Extensions

How to do it

Slowly straighten right leg in front. Hold 3 counts. Lower. 8 each leg.

Why

Strengthens quads.

Inner Thigh Squeeze

How to do it

Place fist between knees. Squeeze for 5 counts. Release. Repeat 10x.

Why

Activates inner thighs.

Hip Circles

How to do it

Hands on hips. Make slow seated hip circles 5x each direction.

Why

Improves hip mobility.

Reach for the Sky

How to do it

Inhale, reach both arms straight overhead.

Exhale, lower. Repeat 8x.

Why

Opens the chest.

Wrist Circles

How to do it

Extend arms forward. Circle wrists 10x each direction.

Why

Important for tablet/phone users.

Finger Stretches

How to do it

Open and close fists 10x. Then spread fingers wide and hold 5 counts.

Why

Reduces hand stiffness.

Heel-Toe Rocks

How to do it

Rock from heels to toes 15x to wake up feet.

Why

Improves balance.

Seated Goddess

How to do it

Open knees wide, feet flat. Hold 5 deep breaths.

Why

Opens hips.

Side Bend with Reach

How to do it

Right arm overhead. Bend gently to left. Hold 5 breaths. Switch.

Why

Stretches obliques.

Chest Opener

How to do it

Clasp hands behind chair back. Lift chest.

Hold 5 breaths.

Why

Counters slouching.

Seated Cobra

How to do it

Hands on knees. Inhale, lift chest, look slightly up. Hold 3 breaths.

Why

Strengthens upper back.

Spinal Wave

How to do it

Slowly roll spine down vertebra by vertebra, then roll up. 3x.

Why

Improves spinal awareness.

Seated Mountain

How to do it

Sit tall. Crown of head reaching up. Roots through sit bones. Hold 5 breaths.

Why

The foundational pose.

Diaphragmatic Breathing

How to do it

Hand on belly. Inhale and feel belly rise.

Exhale, belly falls. 10 breaths.

Why

Engages parasympathetic system.

Alternate Nostril Breathing

How to do it

Right thumb closes right nostril, inhale left.

Switch, exhale right. Continue 1 minute.

Why

Calming. Skip if congested.

Lion's Breath

How to do it

Inhale through nose. Open mouth wide, stick out tongue, exhale with audible 'haaa'. 3x.

Why

Releases jaw tension.

Humming Bee Breath

How to do it

Inhale. Exhale with a humming sound, lips closed. 5x.

Why

Soothes the mind.

Seated Sun Salute

How to do it

Inhale arms up. Exhale fold forward. Inhale halfway lift. Exhale fold. Inhale arms up. Exhale to start.

Why

Mini full-body sequence.

Eye Stretches

How to do it

Look up, down, left, right, then circle slowly each way.

Why

Reduces eye strain.

Jaw Massage

How to do it

Place fingers at jaw joint. Slow circles 30 seconds. Open and close mouth.

Why

Releases TMJ tension.

Scalp Tap

How to do it

Tap fingertips lightly all over scalp for 30 seconds.

Why

Stimulates circulation.

Ear Pull

How to do it

Gently pull earlobes down, then top of ear up, then center out. Hold 5 each.

Why

Reflexology-style release.

Self-Hug

How to do it

Cross arms, hug shoulders. Hold for 5 breaths.

Reverse cross.

Why

Comforting + stretches upper back.

Seated Crescent

How to do it

Right hand reaches to ceiling. Left hand presses chair. Lean right. Hold 5 breaths. Switch.

Why

Side body opener.

Pigeon Variation

How to do it

Cross right ankle over left knee. Gently press right knee down. Hold 5 breaths. Switch.

Why

Hip opener.

Calf Raises

How to do it

Hold chair. Stand. Rise on toes. Lower. 10x.

Why

Skip if balance is poor.

Sit-to-Stand

How to do it

From seated, stand without using hands. Sit.

Repeat 5x.

Why

Functional strength. Use hands if needed.

Chair Squat

How to do it

Stand. Lower to chair just touching. Stand.
8x.

Why

Quads + glutes.

Side Leg Lift

How to do it

Stand holding chair. Lift right leg out to side. Lower. 10 each.

Why

Hip strength.

Standing March

How to do it

March in place, lifting knees as high as comfortable, 30 seconds.

Why

Cardio + balance.

Wall Push-Up

How to do it

Stand arm's length from wall. Hands on wall.

Push-up 10x.

Why

Upper body strength.

Heel-to-Toe Walk

How to do it

Walk in a straight line, heel touching toe of opposite foot. 10 steps.

Why

Balance challenge.

Single-Leg Stand

How to do it

Hold chair. Lift right foot. Hold 10 seconds.
Switch. Build to 30.

Why

Critical for fall prevention.

Tandem Stance

How to do it

Place right foot directly in front of left, heel-to-toe. Hold 10 seconds. Switch.

Why

Static balance.

Seated Twist with Reach

How to do it

Twist right, reach right arm to back of chair.

Hold 5 breaths. Switch.

Why

Deeper twist.

Knee Hugs

How to do it

Both hands hug both knees toward chest. Hold 5 breaths.

Why

Low back release.

Figure-4 Stretch

How to do it

Right ankle on left thigh. Gently lean forward. Hold 5 breaths. Switch.

Why

Glute stretch.

Ragdoll

How to do it

Feet hip-width. Fold forward, soft knees. Let head hang. 5 breaths. Roll up slowly.

Why

Full back release.

Standing Side Bend

How to do it

Stand, arms overhead. Bend right. Hold 5. Bend left.

Why

Lengthens torso.

Standing Twist

How to do it

Feet planted. Swing arms gently to twist torso right and left. 30 seconds.

Why

Spine lubrication.

Tree Pose

How to do it

Hold chair. Right foot to inner left calf or thigh. Hold 5 breaths. Switch.

Why

Balance + focus.

Goddess Pose

How to do it

Wide stance, toes out. Bend knees over toes.

Hold 5 breaths.

Why

Inner thigh + glute.

Standing Cat-Cow

How to do it

Hands on chair. Arch back, look up. Round back, chin in. Repeat 8x.

Why

Spine warm-up.

Standing Forward Fold

How to do it

Hinge at hips. Hands on chair, then to ankles.

Hang 5 breaths.

Why

Full posterior chain.

Final Rest

How to do it

Sit comfortably. Eyes closed. Hands on lap.
Breathe naturally for 2 minutes.

Why

Closing — let everything integrate.