

Chair Yoga

Exercise Guide for Seniors

Stretch. Strengthen. Breathe. Move. Give Thanks.

“A cheerful heart is good medicine.” - Proverbs 17:22

BEFORE YOU BEGIN

- Use a sturdy chair without wheels.
- Move slowly; never force a stretch.
- Stop for pain, dizziness, or shortness of breath.

Remember:

*Do what you can,
where you are.*

*“The Lord gives strength
to His people; the Lord
blesses His people with peace.”
Psalm 29:11*

1

SEATED MOUNTAIN

Posture - Breathing - Core Awareness



1. Feet flat, hip-width apart.
2. Hands rest gently on thighs.
3. Sit tall; shoulders back and down.
4. Take 5 slow, comfortable breaths.

2

SEATED CAT-COW

Spine - Back Mobility - Chest Opening



1. Hands on knees; feet planted.
2. Inhale: lift chest and look slightly up.
3. Exhale: round back; chin toward chest.
4. Move gently; repeat 5-8 times.

3

SHOULDER ROLLS

Shoulders - Neck - Upper-Body Tension



1. Sit comfortably upright.
2. Lift shoulders toward your ears.
3. Circle them gently back and down.
4. Do 5 backward, then 5 forward.

4

SEATED SIDE STRETCH

Side Body - Rib Cage - Flexibility



1. Sit tall with both feet planted.
2. Raise right arm and reach upward.
3. Lean gently left for 2-3 breaths.
4. Return; repeat on the other side.

5

SEATED GENTLE TWIST

Spine - Mobility - Posture



1. Sit tall with feet flat.
2. Right hand rests on left thigh.
3. Exhale; gently rotate to the left.
4. Hold 2-3 breaths; switch sides.

Chair Yoga Overview: Exercises 6-10

Move gently. Breathe normally. Work only within a comfortable range.

6

SEATED LEG EXTENSION

Leg Strength - Knee Mobility - Circulation



1. Sit toward the front of the chair.
2. Slowly straighten your right leg.
3. Pause 1-2 seconds; lower gently.
4. Alternate; do 5-10 per leg.

7

ANKLE CIRCLES

Ankles - Foot Mobility - Circulation



1. Lift your right foot slightly.
2. Circle ankle 5 times clockwise.
3. Reverse for 5 circles.
4. Lower; repeat with left foot.

8

SEATED ARM REACH

Shoulders - Upper Body - Posture



1. Sit tall with feet firmly planted.
2. Inhale; raise arms comfortably.
3. Keep shoulders away from ears.
4. Exhale; lower arms. Repeat 5 times.

9

SEATED KNEE LIFTS

Hip Mobility - Leg Strength - Core



1. Sit tall near the front of the chair.
2. Lift right knee a few inches.
3. Lower gently; lift left knee.
4. Alternate 5-10 times per side.

10

PEACEFUL BREATHING

Relaxation - Prayer - Finishing



1. Sit comfortably with feet flat

1. Sit comfortably with feet flat.
2. Rest hands on thighs; soften your gaze.
3. Breathe in slowly; relax shoulders.
4. Exhale gently. Repeat 5-10 breaths.

A SIMPLE 15-MINUTE ROUTINE

WARM UP

Mountain - Shoulder Rolls - Ankle Circles

MOVE

Cat-Cow - Side Stretch - Twist - Leg Extensions - Knee Lifts

FINISH

Arm Reach - Peaceful Breathing - Sit quietly and thank God.

You are never too old to be a blessing.

**YOUR AGE IS NOT A LIMITATION.
IT IS A TESTIMONY.**

*God isn't finished with you.
Keep moving. Keep breathing.
Keep praising. Keep going.*

1. SEATED MOUNTAIN

Posture - Breathing - Core Awareness



HOW TO DO IT:

1. Sit toward the front half of your chair.
2. Place both feet flat on the floor, about hip-width apart.
3. Rest your hands gently on your thighs.
4. Sit as tall as comfortably possible.
5. Roll your shoulders gently up, back, and down.
6. Imagine the top of your head reaching toward the ceiling.
7. Take 5 slow, comfortable breaths.

MAKE IT EASIER: Lean gently against the chair back.

*"The journey of a thousand miles begins
with a single step. - Lao Tzu"*

SCRIPTURE

**Isaiah 40:31 - Those who wait on the
LORD shall renew their strength.**

2. SEATED CAT-COW

Spine - Back Mobility - Chest Opening



HOW TO DO IT:

1. Sit tall with both feet planted firmly on the floor.
2. Place your hands on your knees.
3. Inhale: Gently lift your chest and draw your shoulders back.
4. Look slightly upward if comfortable.
5. Exhale: Round your upper back and gently bring your chin toward your chest.
6. Move slowly between the two positions.
7. Repeat 5-8 times.

Keep the movement gentle and fluid. Never force your neck or back.

"I am fearfully and wonderfully made."

SCRIPTURE

Psalm 139:14 - I will praise You, for I am fearfully and wonderfully made.

3. SHOULDER ROLLS

Shoulders - Neck - Upper-Body Tension



HOW TO DO IT:

1. Sit comfortably upright.
2. Let your arms rest beside you.
3. Slowly lift both shoulders toward your ears.
4. Move them gently backward.
5. Then let them drop down.
6. Continue making slow circles.
7. Do 5 circles backward, then 5 forward.

Keep the movement comfortable. This isn't a race!

"It is never too late to be what you might have been. - George Eliot"

SCRIPTURE

1 Peter 5:7 - Cast all your care upon Him, for He cares for you.

4. SEATED SIDE STRETCH

Side Body - Rib Cage - Flexibility



HOW TO DO IT:

1. Sit tall with both feet firmly planted.
2. Place your left hand on your left thigh.
3. Slowly raise your right arm.
4. Reach gently upward.
5. Lean slightly toward the left.
6. Don't collapse forward.
7. Take 2-3 slow breaths.
8. Return to center and repeat on the opposite side.

REMEMBER: Think "long," not "deep."

"Be still, and know that I am God."

SCRIPTURE

Psalm 46:10 - Be still, and know that I am God.

5. SEATED GENTLE TWIST

Spine - Mobility - Posture



HOW TO DO IT:

1. Sit tall with your feet flat on the floor.
2. Place your right hand on your left thigh.
3. Place your left hand lightly on the chair behind you.
4. Inhale and lengthen your spine.
5. Exhale and gently rotate toward the left.
6. Look over your left shoulder only as far as comfortable.
7. Hold for 2-3 breaths.
8. Return slowly to center and repeat on the opposite side.

IMPORTANT: Don't use your hand to pull yourself into a deeper twist.

"Trust in the LORD with all your heart."

SCRIPTURE

Proverbs 3:5-6 - Trust in the LORD with all your heart, and He shall direct your paths.

6. SEATED LEG EXTENSION

Leg Strength - Knee Mobility - Circulation



HOW TO DO IT:

1. Sit toward the front of the chair.
2. Keep your back comfortably straight.
3. Hold the sides of the chair if needed.
4. Slowly straighten your right leg.
5. Pause for 1-2 seconds.
6. Slowly lower your foot.
7. Repeat with the left leg.
8. Do 5-10 repetitions per leg.

MODIFICATION: Don't straighten the knee completely if that isn't comfortable.

"It is God who arms me with strength."

SCRIPTURE

Psalm 18:32 - It is God who arms me with strength, and makes my way perfect.

7. ANKLE CIRCLES

Ankles - Foot Mobility - Circulation



HOW TO DO IT:

1. Sit comfortably with your back supported if needed.
2. Lift your right foot slightly off the floor.
3. Slowly circle your ankle 5 times clockwise.
4. Reverse direction for 5 circles.
5. Lower the foot.
6. Repeat with your left foot.

Keep the circles small and controlled.

*"Success is the sum of small efforts,
repeated day in and day out. - Robert
Collier"*

SCRIPTURE

**Zechariah 4:10 - Do not despise these
small beginnings.**

8. SEATED ARM REACH

Shoulders - Upper Body - Posture



HOW TO DO IT:

1. Sit tall with your feet firmly on the floor.
2. Place your hands beside your thighs.
3. Slowly inhale.
4. Raise both arms toward the ceiling as far as comfortable.
5. Keep your shoulders away from your ears.
6. Exhale as you slowly lower your arms.
7. Repeat 5 times.

MODIFICATION: Raise one arm at a time.

"I lift up my eyes to the hills - from where comes my help?"

SCRIPTURE

Psalm 121:1-2 - My help comes from the LORD, who made heaven and earth.

9. SEATED KNEE LIFTS

Hip Mobility - Leg Strength - Core



HOW TO DO IT:

1. Sit tall toward the front of your chair.
2. Place your hands on the sides of the chair or your thighs.
3. Slowly lift your right knee a few inches.
4. Lower it gently.
5. Lift your left knee.
6. Continue alternating.
7. Do 5-10 lifts per side.

MODIFICATION: Lift your knees only as high as comfortable.

“Think of this as a gentle seated march.”

SCRIPTURE

Philippians 4:13 - I can do all things through Christ who strengthens me.

10. PEACEFUL BREATHING

Relaxation - Prayer - Finishing Your Practice



1. Sit comfortably with feet flat on the floor

HOW TO DO IT:

1. Sit comfortably with your feet flat on the floor.
2. Rest your hands on your thighs.
3. Close your eyes if comfortable, or soften your gaze.
4. Breathe in slowly through your nose.
5. Let your abdomen gently expand.
6. Exhale slowly and comfortably.
7. Relax your shoulders.
8. Repeat for 5-10 slow breaths.

PRAYER: Lord, thank You for this breath, this body, and this day. Help me use every day for Your glory. Amen.

"Let everything that has breath praise the LORD."

SCRIPTURE

Psalm 150:6 - Let everything that has breath praise the LORD.