

# 28 Day Chair Yoga for Seniors

## A Gentle Printable Daily Movement Plan

Use this simple 28-day chair yoga plan to enjoy gentle daily movement, breathing, and relaxation. Designed for seniors, beginners, caregivers, and anyone wanting a safe, low-impact way to move more every day from the comfort of a chair.

### Important Safety Note

This plan provides gentle movements for general wellness and relaxation only. It is not medical advice or a treatment for any condition. Before beginning any new exercise program — especially if you have medical conditions, pain, balance problems, recent surgery, mobility limitations, or take medications affecting balance or blood pressure — please consult your doctor or healthcare provider. Move slowly, breathe naturally, and stop immediately if you feel pain, dizziness, chest discomfort, or shortness of breath. Always listen to your body and honor its limits.

Your Name: \_\_\_\_\_ Start Date: \_\_\_\_\_

Print this page and post it somewhere visible as a gentle daily reminder to care for yourself.

Small, consistent movements practiced with kindness can help you feel more comfortable and calm. You are taking a positive, gentle step for your well-being. Well done for beginning this journey.

# Quick Start Guide

## How to Use This Printable

1. Print the complete PDF (single-sided recommended so you can add notes on the backs if you wish).
2. Write your name and start date on the cover page.
3. Each day, read the Focus and Movements listed for that day in the plan.
4. Sit in a stable chair in a quiet space. Give yourself 5 to 15 minutes.
5. Follow the movements slowly and gently. Check the box when you finish the day.
6. On rest days, simply sit quietly, practice soft breathing, and notice how your body feels.
7. After completing 28 days, use the tracker page to reflect. Repeat the plan or favorite days anytime.

## What You Need

- A sturdy chair with a straight back and no wheels (armrests are helpful but optional)
- Comfortable, loose clothing that lets you move freely
- Water nearby to stay hydrated
- Optional: a small cushion for lower back support or a folded towel under your feet if they do not reach the floor flat

## Safety Reminders

- Always check with your doctor or healthcare provider before starting, especially with any health concerns.
- Move at your own comfortable pace — never force, bounce, or push into pain.
- Keep breathing steadily throughout; try not to hold your breath.
- Stop at once if you feel pain, dizziness, nausea, chest tightness, or unusual shortness of breath.
- Keep both feet flat on the floor whenever possible for better stability.
- If balance is a concern, have a caregiver nearby or hold the sides of the chair seat for support.
- Take breaks whenever you need them. Rest is part of the practice.

## Suggested Daily Time

This plan is built for 5 to 12 minutes on most days, with a few gentle flow days up to 15 minutes. The emphasis is on consistency and kindness rather than duration or intensity. If you are new to movement or have been less active, begin with just the first few minutes and gradually add time as it feels good. Rest and reflection days are equally important for recovery and mindfulness.

Helpful Tip: Link your chair yoga time to something you already do daily, such as after your morning tea, while watching a favorite show, or before lunch. Turning it into part of an existing routine makes it easier to keep going.

## Week 1: Gentle Start

This week gently introduces seated movements and breathing awareness. Keep everything slow and comfortable. The goal is simply to show up and notice how it feels.

Day	Focus	Movements	Time	<input type="checkbox"/>
1	Breathing & Posture	Seated Mountain Pose Deep Breathing	5-7 min	<input type="checkbox"/>
2	Shoulders & Neck	Shoulder Rolls Gentle Neck Stretch	6-8 min	<input type="checkbox"/>
3	Hands & Wrists	Wrist Circles Finger Stretches	5 min	<input type="checkbox"/>
4	Spine Mobility	Seated Cat-Cow	6-8 min	<input type="checkbox"/>
5	Ankles & Feet	Ankle Circles Heel Lifts	5-7 min	<input type="checkbox"/>
6	Side Body	Seated Side Stretch	6 min	<input type="checkbox"/>
7	Rest & Reflection	Gentle Breathing Quiet Sitting	5-10 min	<input type="checkbox"/>

## Week 2: Flexibility and Comfort

This week adds more variety while staying gentle. Focus on smooth movement and steady breathing. Rest days help your body absorb the benefits of the previous days.

Day	Focus	Movements	Time	<input type="checkbox"/>
8	Leg Activation	Seated Marching	7 min	<input type="checkbox"/>
9	Torso Mobility	Seated Twist	6-8 min	<input type="checkbox"/>
10	Hip & Knee	Seated Knee Lifts	5-7 min	<input type="checkbox"/>
11	Forward Bend	Seated Forward Fold	6 min	<input type="checkbox"/>
12	Upper Body	Seated Shoulder Stretch	6-8 min	<input type="checkbox"/>
13	Side & Breath	Seated Side Stretch + Deep Breathing	7 min	<input type="checkbox"/>
14	Rest Day	Relaxation Pose Gentle Breathing	5-10 min	<input type="checkbox"/>

## Week 3: Balance Support and Mobility

Week 3 introduces light coordination and a gentle flowing sequence. Move with your breath and keep all movements small and supported by the chair. The flow day combines several poses you already know.

Day	Focus	Movements	Time	<input type="checkbox"/>
15	Posture Awareness	Seated Mountain Pose + Posture Check	5 min	<input type="checkbox"/>
16	Lower Legs	Heel Raises Toe Taps	6 min	<input type="checkbox"/>
17	Coordination	Seated Marching + Arm Lifts	7-9 min	<input type="checkbox"/>
18	Joint Mobility	Ankle Circles Knee Extensions	6-8 min	<input type="checkbox"/>
19	Combined Stretch	Seated Twist + Side Stretch	7 min	<input type="checkbox"/>
20	Flow Sequence	Gentle Full-Body Chair Flow (Mountain → Cat-Cow → Twist → Side)	10-12 min	<input type="checkbox"/>
21	Rest & Reflection	Breathing, Gratitude Quiet Reflection	5-10 min	<input type="checkbox"/>

## Week 4: Daily Routine Builder

The final week helps you solidify the habit. Day 27 lets you choose what felt best for you. Day 28 is a peaceful closing with gratitude and relaxation. Celebrate completing the full cycle!

Day	Focus	Movements	Time	<input type="checkbox"/>
22	Breath & Shoulders	Deep Breathing + Shoulder Rolls	5-7 min	<input type="checkbox"/>
23	Spine & Side	Seated Cat-Cow + Side Stretch	7 min	<input type="checkbox"/>
24	Lower Body	Seated Marching + Knee Lifts	7-9 min	<input type="checkbox"/>
25	Upper Mobility	Wrist, Finger & Neck Mobility	6-8 min	<input type="checkbox"/>
26	Integrated Practice	Gentle Full-Body Chair Yoga Flow	10-15 min	<input type="checkbox"/>
27	Personal Review	Repeat 3-4 Favorite Movements from the Plan	8-10 min	<input type="checkbox"/>
28	Closing Practice	Deep Breathing, Gratitude Seated Relaxation Pose	5-10 min	<input type="checkbox"/>

# Chair Yoga Pose Guide

These short descriptions explain each movement used in the plan. Practice slowly, breathe naturally, and only go as far as feels comfortable. Never force or hold your breath.

## Seated Mountain Pose

Sit tall in your chair with feet flat on the floor, hip-width apart. Lengthen your spine upward, relax your shoulders down away from your ears, and rest your hands on your lap or thighs. This simple pose improves posture awareness and creates a calm starting point for every session.

## Deep Breathing

Inhale slowly through your nose for a count of 4, letting your belly rise. Exhale gently through your mouth for a count of 6. You can place one hand on your belly to feel the movement. Repeat for several breaths. This calms the mind and helps you stay present.

## Shoulder Rolls

Sit tall. On an inhale, lift your shoulders up toward your ears. On the exhale, roll them back and down. Do 5-8 rolls, then reverse direction. This releases everyday tension in the neck, shoulders, and upper back.

## Gentle Neck Stretch

Sit tall. Slowly tilt your right ear toward your right shoulder until you feel a mild stretch on the left side of your neck. Hold for 2-3 slow breaths. Return to center and repeat on the left. Keep the movement small and pain-free.

## Wrist Circles & Finger Stretches

Hold your arms slightly forward or rest elbows on your thighs. Make slow, smooth circles with your wrists in both directions. Then spread your fingers wide, hold briefly, and gently close into soft fists. Repeat to keep hands and wrists mobile and comfortable.

## Seated Cat-Cow

Sit tall with hands on your knees or thighs. Inhale and gently arch your back, lifting your chest and looking up softly (Cow). Exhale and round your spine, tucking your chin and drawing your belly in (Cat). Move slowly with your breath for 6-8 rounds.

## Seated Side Stretch

Sit tall. Raise your right arm overhead (or rest your hand on your head). Lean gently to the left side, feeling the stretch along your right side body. Keep both sitting bones grounded. Hold for 3 breaths, then switch sides. Only go as far as feels good.

## Seated Twist

Sit tall. Place your right hand on your left knee or the outside of your left thigh. Gently rotate your torso to the left, looking over your left shoulder if comfortable. Keep your spine long. Hold for 3 breaths, then switch sides. Twist from your center, not by pulling hard with your arms.

## Ankle Circles, Heel Lifts & Toe Taps

Lift one foot slightly. Circle the ankle slowly in both directions 5-8 times. Point and flex the foot several times. For heel lifts, keep toes on the floor and raise your heels, then lower. These movements support ankle mobility and circulation in the lower legs.

## Seated Marching

Sit tall with feet flat. Lift one knee toward your chest in a slow marching motion, then lower it with control. Alternate legs in a steady rhythm. You can add gentle opposite arm lifts if you like. This activates the legs and core without standing.

## Seated Forward Fold

Sit tall with feet flat. Hinge forward from your hips, letting your upper body fold gently over your thighs. Allow your arms to rest on your legs or hang loosely. Keep a soft bend in the knees if needed. Go only as far as comfortable — this is not about reaching your toes. Rise slowly on an inhale.

## Seated Relaxation Pose

Sit comfortably with your back supported by the chair if you wish. Let your shoulders drop, hands rest on your lap, and feet stay flat. Close your eyes or soften your gaze. Breathe slowly and deeply. Allow your whole body to feel supported and heavy. Stay for 3-5 minutes or longer. This pose encourages calm and rest.

# Progress Tracker & Notes

Use the boxes below to check off each day you complete. Tracking your progress helps build a positive habit and shows how far you have come. Take a moment at the end to reflect.

Day 1 <input type="checkbox"/>	Day 2 <input type="checkbox"/>	Day 3 <input type="checkbox"/>	Day 4 <input type="checkbox"/>	Day 5 <input type="checkbox"/>	Day 6 <input type="checkbox"/>	Day 7 <input type="checkbox"/>
Day 8 <input type="checkbox"/>	Day 9 <input type="checkbox"/>	Day 10 <input type="checkbox"/>	Day 11 <input type="checkbox"/>	Day 12 <input type="checkbox"/>	Day 13 <input type="checkbox"/>	Day 14 <input type="checkbox"/>
Day 15 <input type="checkbox"/>	Day 16 <input type="checkbox"/>	Day 17 <input type="checkbox"/>	Day 18 <input type="checkbox"/>	Day 19 <input type="checkbox"/>	Day 20 <input type="checkbox"/>	Day 21 <input type="checkbox"/>
Day 22 <input type="checkbox"/>	Day 23 <input type="checkbox"/>	Day 24 <input type="checkbox"/>	Day 25 <input type="checkbox"/>	Day 26 <input type="checkbox"/>	Day 27 <input type="checkbox"/>	Day 28 <input type="checkbox"/>

**How did I feel during this 28-day practice? (energy, mood, comfort, sleep, or anything else you noticed)**

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**My favorite movement(s) from the plan:**

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**What I learned or would like to continue:**

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**Notes for next time or for sharing with family/caregivers:**

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Well done! You showed up for yourself for 28 days. Move gently, breathe slowly, and keep listening to your body. Small, kind steps add up to real change. Feel free to repeat this plan or create your own daily routine from the movements you enjoyed most.