

5 Minute Chair Yoga

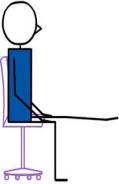

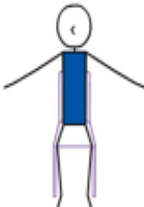

Image	Pose	Description
	Ankle Curl	<p>Sit on front of chair with feet firmly grounded. Lift left leg straight in front of you. Flex and point foot (toes stretch up to). Stretch toes down.</p> <p>Alternatives: Rotate foot in circles.</p> <p>Benefits: Ankle stretch.</p>
	Chair Arm Raise	<p>Sit on front of chair. Feet firmly grounded. On inhale slowly raise arms over head. On exhale brings arms down. Repeat.</p> <p>Alternatives: Interlock fingers with palms facing up.</p> <p>Benefits: Strengthens arms. Grounding.</p> <p>Video: https://www.youtube.com/embed/0IbNOIFv5WA?rel=0</p> <p>Modifications: A) Lift arms only to shoulder height. B) Inhale for 3 counts to raise, exhale for 3 counts to lower. C) Raise arms while lifting one foot. D) At top, do 5 small circles before lowering.</p>
	Chair Arm Side Raise	<p>Sit on chair. Feet shoulder width apart. Sit straight. Feet grounded. Gently engage core muscles. Lift arms to sides.</p> <p>Benefits: Strengthen arms and core.</p> <p>Video: https://www.youtube.com/embed/_iNUzJnd7YY</p> <p>Modifications: A) Keep elbows bent at 90 degrees while lifting. B) Raise one arm while other rests in lap. C) Face palms up during the lift. D) At top of lift, add tiny arm circles.</p>
	Chair Backbend	<p>Sit on a chair. Plant feet. Interlace fingers (or hold the edge of the chair) and raise the chest to the ceiling (bend back).</p> <p>Benefits: Flexes upper spine. Increases metabolism.</p> <p>Video: https://www.youtube.com/embed/3jyIjBQ7ZwA?rel=0</p> <p>Modifications: A) Interlace fingers. B) Hold the edge of the chair. C) Alternate between Cat and Cow pose.</p>





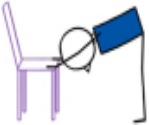

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	Chair Forward Bend I	Sit on a chair with legs apart. Bend forward. Let back round over. Lower torso towards thighs. Rest backs of hands on the floor under the chair. Let the head hang down. Alternatives: A) Come halfway down. B) Include a gentle twist. Benefits: Core workout. Lower back stretch. Video: https://www.youtube.com/embed/4G-DT1bYE1Q?rel=0
	Chair Arm Raise	Sit on front of chair. Feet firmly grounded. On inhale slowly raise arms over head. On exhale brings arms down. Repeat. Alternatives: Interlock fingers with palms facing up. Benefits: Strengthens arms. Grounding. Video: https://www.youtube.com/embed/01bNOIFv5WA?rel=0 Modifications: A) Lift arms only to shoulder height. B) Inhale for 3 counts to raise, exhale for 3 counts to lower. C) Raise arms while lifting one foot. D) At top, do 5 small circles before lowering.
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	Chair Shoulder Stretch III	Sit on front of chair. Feet firmly grounded. Bring arms behind chair and clasp wrists. Benefits: Shoulder Stretch. Video: https://www.youtube.com/embed/SCsWtx9K3tg

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	<p>Chair Down Dog</p>	<p>Stand facing the chair and place hands on the seat. Step back with both feet. Bend your knees. Keep lengthening your spine. Walk forward and repeat.</p> <p>Benefits: Stretches spine, hams, shoulders.</p> <p>Video: https://www.youtube.com/embed/llwgQzYYJ-4?rel=0</p> <p>Modifications: A) Stabilise chair by placing it against a wall. B) Alternate bending each knee to warm up calves. C) Lower forearms to chair back for deeper inversion.</p> <p>Precautions : Pregnant. High blood pressure. Headache.</p>
	<p>Chair Grounding</p>	<p>Sit on front of chair. Feet firmly grounded. Hands on thighs.</p> <p>Alternatives: Repeat a manta.</p> <p>Benefits: Grounding.</p>

Lesson Plan Description:

Below are six benefits of Chair Yoga for Seniors, People With Mobility Issues, and for People With Disabilities:

1. Improved Strength

You'll be better able to continue with hobbies and daily activities independently for many more years to come. If they are unlucky enough to suffer a fall or injury, a strong body will be able to withstand this better and sustain fewer injuries.

2. Improved Flexibility

Chair yoga can help those with mobility issues to undertake activities that they have perhaps been unable to, such as reaching down to tie shoelaces or pick things up.

3. Improved proprioception

Proprioception is the skill of knowing where your body is in space and coordinating your movements accurately. This is particularly important for elderly people and can prevent falls, and for people with disabilities or conditions such as MS.

4. Improved mental clarity

Chair yoga can lessen the impact of chronic illnesses and pain. For elderly people, it may also help them cope with feelings of isolation if this is a problem. Being calmer and more relaxed inevitably leads to a greater feeling of happiness and well-being.

5. Opportunities to socialize

Joining chair yoga classes for those with mobility issues and the elderly will also give them a venue to socialize and make friends.

6. Improved pain management

Chair yoga includes breath work, which can help people not only with stress management but also for coping and managing pain. Through meditation and paying attention to your breath, you can help your body and mind to cope with the pain of an illness or condition.

You can create lesson plans like this using the [Genie Lesson Planner](#)