

Chair Yoga: 30 Exercises To Do From The Comfort Of A Chair





Image	Pose	Description
	Chair Supine Legs Up	Lie beside chair. Lift legs onto chair. Relax legs, arms and shoulders. Take deep breaths. Alternatives: Legs up wall. Benefits: Circulation. Relieves tired legs. Video: https://www.youtube.com/embed/LjgJw5ZGQzY?rel=0
	Palming	Sit or stand. Bring palms together. Rub as fast as possible to generate heat. Bring palms to eyes. Benefits: Soothing for nervous system. Video: https://www.youtube.com/embed/WECfyWVcRLU
	Chair Grounding	Sit on front of chair. Feet firmly grounded. Hands on thighs. Benefits: Grounding. Video: https://www.youtube.com/embed/FX3ioBpJ5fk Modifications: A) Repeat a mantra. B) Eyes closed. C) Palms together (mudra). D) Arms overhead. E) Arms parallel to the ground. F) Breathwork (any pranayama breathing exercises).
	Chair Abdominal Breath	Sit on front of chair. Feet firmly grounded. Hands on thighs. Place both hands on belly. Feel hands rising on inhale. Imagine belly is a balloon that inflates on the inhale and deflates on the exhale. Benefits: Calming. Video: https://www.youtube.com/embed/C_4E_QoDRSQ





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	Chair Shrugs	<p>Sit up tall on front of chair. Feet firmly grounded. Hands on thighs. Hunch shoulders towards ears. Hold. Release with a deep exhale. On each exhale, feel the tension melting from your shoulders like butter on a hot day.</p> <p>Benefits: Shoulder stretch.</p> <p>Video: https://www.youtube.com/embed/ugplGC1Wo0k</p>
	Chair Neck Incline	<p>Sit on chair. Feet shoulder width apart. Sit straight. Feet grounded. Right ear to right shoulder. Left ear to left shoulder.</p> <p>Benefits: Neck stretch</p> <p>Video: https://www.youtube.com/embed/pjwHL8-b-VM?start=87</p>
	Chair Wrist Stretch	<p>Sit on front of chair. Feet grounded. Raise arms parallel to floor. Fingers point towards ceiling. Take right hand onto left hand and gently apply pressure bringing fingers towards the arm. Flip the hand over (fingers point towards floor) and press fingers towards your arm. Repeat on other hand. Shake hands.</p> <p>Benefits: Stretches wrists.</p> <p>Video: https://www.youtube.com/embed/gb3_oSAGoXs</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>





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	Chair Side Bend I	<p>Sit on front of chair. Feet grounded. Inhale and raise arms overhead. On exhale lean over to left. Inhale back to centre. Arms down. Repeat on left.</p> <p>Benefits: Stretches side of body.</p> <p>Video: https://www.youtube.com/embed/CPQvOQiwIRI?si=wtLVP9FWXxCs7wM_</p> <p>Modifications: A) Raise just one arm and rest other hand on thigh. B) Hold hands in prayer at chest. C) Move smoothly from left to right. D) Clasp opposite elbows overhead.</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>
	Chair Ankle Curl	<p>Sit on front of chair. Ground feet firmly. Lift left leg straight in front of you. Stretch toes up, down and around. Switch legs.</p> <p>Benefits: Ankle stretch.</p> <p>Video: https://www.youtube.com/embed/s5KHe6NbFOo?si=l9fByqLRnqQ-nL5k</p> <p>Modifications: A) Loop a strap around foot and guide the curl gently. B) Engage core while moving the ankle. C) Lift both legs at same time and curl. D) Do it with your eyes shut.</p>
	Chair Knee To Chest	<p>Sit up tall on front of chair. Straighten left leg and ground the foot into the floor. Hold onto sides of chair and draw right knee into chest (to deepen stretch take hands around backs thighs and bring knee closer to chest). Repeat on other leg.</p> <p>Benefits: Also known as Wind Liberating Pose. Strengthens core.</p> <p>Video: https://www.youtube.com/embed/-XcGZfOuqlw</p> <p>Modifications: Draw forehead to knee.</p>

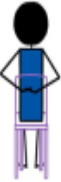
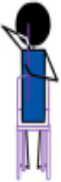
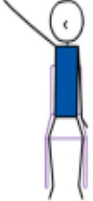
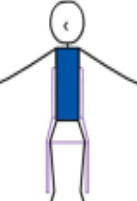
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	Chair Shoulder Stretch III	Sit on front of chair. Feet firmly grounded. Bring arms behind chair and clasp wrists. Benefits: Shoulder Stretch. Video: https://www.youtube.com/embed/SCsWtx9K3tg
	Chair Shoulder Stretch I	Sit on chair with a yoga strap. Gently bring hands as close together as possible. Repeat on other side. Benefits: Shoulder release. Video: https://www.youtube.com/embed/Wx-Z4P712Ko Precautions : Shoulder injury.
	Chair Triangle Basic	Raise arms to T position. Twist on an exhale. Bring left hand down to right foot. Raise right hand to ceiling and look up. Hold. Return. Repeat on other side. Benefits: Sciatica. Strengthens legs. Enlivens hips. Stretches torso. Video: https://www.youtube.com/embed/W9yFtJO9scc?rel=0
	Chair Arm Side Raise	Sit on chair. Feet shoulder width apart. Sit straight. Feet grounded. Gently engage core muscles. Lift arms to sides. Benefits: Strengthen arms and core. Video: https://www.youtube.com/embed/_iNUzJnd7YY 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.




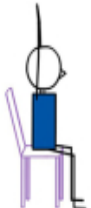
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	Chair Chest Opener	<p>Sit on chair. Plant feet. Hold onto back of chair with hands. Feel stretch in shoulders and how good it feels to open your chest.</p> <p>Benefits: Flexes spine. Opens chest. Stretches shoulders.</p> <p>Video: https://www.youtube.com/embed/21cKXDUwDxc?start=23</p> <p>Modifications: A) Squeeze and release shoulder blades gently. B) Press hips slightly forward as you lift chest. C) Stand behind chair, hands on top, walk feet back to form inverted “L” shape. D) Softly hum or chant “YAM”—heart chakra’s seed sound.</p>
	Chair Forward Bend I	<p>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.</p> <p>Alternatives: A) Come halfway down. B) Include a gentle twist.</p> <p>Benefits: Core workout. Lower back stretch.</p> <p>Video: https://www.youtube.com/embed/4G-DTibYE1Q?rel=0</p>
	Chair Big Toe Hold	<p>Sit tall on front of chair. Plant your feet firmly. Pull belly in. Raise right leg and grasp toes firmly. Keep back as straight as possible by pulling your belly in strongly. Repeat on other side.</p> <p>Benefits: Strengthens legs. Engages core.</p> <p>Video: https://www.youtube.com/embed/k4ST1j9PfrA</p> <p>Modifications: A) Loop a yoga strap or towel around the foot to reach more easily. B) Gently pulse lifted leg up and down for 3-5 reps. C) Grasp lifted toes with both hands and extend leg fully.</p>
	Chair Warrior I Basic	<p>Sit on front of chair. Ground feet into floor. Engage core. Bring arms overhead with palms facing each other. Repeat.</p> <p>Benefits: Stretches chest and shoulders. Strengthens arms and back.</p> <p>Video: https://www.youtube.com/embed/qsKLL5ZL2uA</p> <p>Modifications: A) Chair Warrior I. B) Chair Warrior II. C) Take your arms farther apart (shoulder distance or wider).</p>

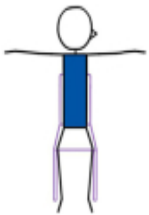



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	Chair Warrior II Basic	<p>Sit on front of chair. Ground feet into floor. Engage core. Open arms to T position. Look over right shoulder, then left shoulder. Lower arms. Repeat.</p> <p>Benefits: Stretches chest and shoulders.</p> <p>Video: https://www.youtube.com/embed/A3ruBrWNwJg</p> <p>Modifications: Chair Warrior I and III.</p>
	Chair Hip Flexion	<p>Sit on chair. Feet and legs shoulder width apart. Sit straight. Slowly bring one leg up towards chest. Repeat on other side.</p> <p>Benefits: Stretches hams, thighs.</p> <p>Video: https://www.youtube.com/embed/XJG9UC-3R3g?rel=0</p>
	Chair Hip Opener	<p>Sit on front of chair with feet firmly grounded. Place right foot on left thigh (to deepen stretch gently push down on right thigh. Repeat on other leg.</p> <p>Benefits: Hip opener. Ankle stretch.</p> <p>Video: https://www.youtube.com/embed/cGINC1Rzn9A</p> <p>Modifications: A) Place a yoga block under the foot. B) Rock lifted knee up and down. C) Inhale: "I am safe to release." Exhale: "I let go with ease." D) Hinge forward and rotate toward lifted leg.</p>
	Chair Walk	<p>Sit on front of chair. Feet grounded. Clasp hands behind head. Raise right leg and hold. Raise left leg and hold. Repeat.</p> <p>Benefits: Strengthens knees and thighs.</p> <p>Video: https://www.youtube.com/embed/ciOTQgC7Ljk?start=141</p> <p>Modifications: A) Both knees up at the same time. B) Reach arm up at the same time the knee goes up.</p>





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	Chair Leg Stretch I	<p>Sit on front of chair. Place right leg straight in front. Inhale. On exhale reach forward towards foot. Gently roll yourself up. Repeat on other side.</p> <p>Benefits: Leg stretch.</p> <p>Video: https://www.youtube.com/embed/5q2ipRFTDpw?rel=0</p> <p>Modifications: Interlock hands around foot.</p>
	Chair Leg Lift	<p>Sit up tall on chair with shoulders back. Pull belly in. Raise right leg. Bring leg down. Raise left leg. Bring leg down. Repeat.</p> <p>Benefits: Strengthens legs.</p> <p>Video: https://www.youtube.com/embed/q2uUoS3uTGw?start=4</p>
	Chair Pigeon	<p>Sit on front of chair and turn to the left. Place left hand on chair for support. Bend right knee and hold right foot with right hand. Hold for a moment. Repeat on other side.</p> <p>Benefits: Release tight quads from sitting too much.</p> <p>Video: https://www.youtube.com/embed/FzMKJcf_7x8?rel=0</p> <p>Modifications: A) Loop a strap around the back foot and hold the strap. B) Hold ankle instead of foot. C) Twist deeply toward front of chair.</p> <p>Precautions : Knee injury.</p>
	Chair Ribs To Thighs	<p>Sit on chair with legs apart. Hands on knees. Lower ribs towards thighs. Engage core. Gaze at floor (between your feet).</p> <p>Alternatives: Gentle twist to right and left.</p> <p>Benefits: Ab workout. Lower back stretch.</p> <p>Video: https://www.youtube.com/embed/QRKGOUJILs</p>

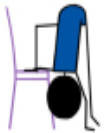



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	Chair Hip Stretch Fold	<p>Stand next to chair. Place your right foot on chair and bend forward. Let back round over and head hang down. Repeat on other side.</p> <p>Benefits: Abdominal workout. Leg stretch. Lower backstretch.</p> <p>Video: https://www.youtube.com/embed/uiZn4VbRBKw?si=Zr3UAg8QZXC5Sdg-</p> <p>Modifications: A) Place foot on a yoga block. B) Gently rock hips side to side while folded. C) Wrap both arms behind lifted leg for a deeper hold.</p>
	Chair Hamstring Lift	<p>Stand behind chair. Hold onto chair. Ground right foot into the floor and lift left foot. Repeat on other leg.</p> <p>Benefits: Hamstring stretch.</p> <p>Video: https://www.youtube.com/embed/MNbwlsggKLC</p> <p>Modifications: A) Lift back foot only one inch. B) Lift and lower leg in small pulses. C) Balance without holding the chair.</p>
	Chair Leg Stretch II	<p>Face chair. Place hands on chair. Bring left leg forward. To deepen the stretch in the forward leg widen the stance. Repeat on other side.</p> <p>Benefits: Leg stretch.</p> <p>Video: https://www.youtube.com/embed/b5EpLi6br-Q</p>
	Chair Hamstring Stretch	<p>Stand to side of chair, holding on to it for support. Place right foot on chair. To deepen the stretch, flex toes towards you. Repeat on other side.</p> <p>Benefits: Hamstring stretch.</p> <p>Video: https://www.youtube.com/embed/xfDTXqvTNyc</p> <p>Modifications: A) Place foot on a yoga block instead of chair. B) Extend opposite hand toward raised foot while holding chair. C) Hinge at hips and fold fully over raised leg.</p>



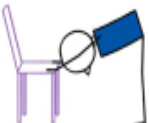
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	Chair Plank	<p>Face chair and grip the seat. Step back. Bend knees, keep spine long, and shift weight onto arms. Hold for a moment then walk forwards towards the chair. Repeat.</p> <p>Benefits: Strengthens arms, wrists, & spine. Tones abs.</p> <p>Video: https://www.youtube.com/embed/d0VCOLWlbbg?rel=0</p> <p>Modifications: A) Place chair against a wall to prevent slipping. B) Lift one foot an inch for balance challenge. C) Lift one foot behind you.</p> <p>Precautions : Carpal tunnel syndrome.</p>
	Chair Plank Knee Lift	<p>Face seat. Step back with both hands holding onto chair. Bend knees. Raise right knee to chest. Repeat on other side. To finish walk forward.</p> <p>Benefits: Strengthens arms, wrists, spine. Tones abs.</p> <p>Video: https://www.youtube.com/embed/d0VCOLWlbbg?rel=0</p> <p>Precautions : Carpal tunnel syndrome.</p>
	Chair Down Dog	<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>

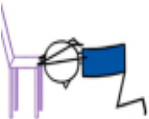

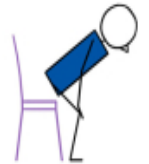
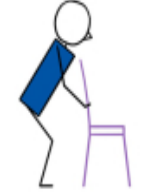

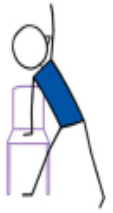
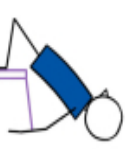

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	Chair Shoulder Stretch II	Kneel in front of chair. Bring one elbow at a time onto chair. Sink chest towards ground. Benefits: Shoulder stretch. Video: https://www.youtube.com/embed/07BCjWbZi04
	Chair One Leg Balance	Stand by the side of the chair. Lift left leg and bring arms up. Balance. Switch legs. Benefits: Improves balance. Strengthens legs. Video: https://www.youtube.com/embed/tTQ5QG7rR-s?start=155 Precautions : Leg injury.
	Chair Sit Ups	Sit on front of chair. Feet firmly grounded. Hands on thighs. Engage core. Stand up. Repeat. Benefits: Strengthens and stretches quads, hamstrings, and buttocks. Video: https://www.youtube.com/embed/tj0IQeps4R0 Modifications: A) Use a walker for support. B) Place hands on knees for support. C) Sit all the way down on the chair, then stand back up.
	Chair Squat I	Stand behind chair. Feet a little wider than hip distance. Place hands on top of chair. Look straight ahead finding a gazing point on the wall or floor. If your balance is ok, bring arms straight out in front, parallel to floor with palms facing each other. Inhaling, bend knees to lower into a squat. To come back to standing, exhale as you push into the heels. Benefits: Leg strength. Increases flexibility in hips, knees. Video: https://www.youtube.com/embed/PnBAFXdXX2s Modifications: Stand in front of chair.

Image	Pose	Description
	Chair Tree I	<p>Start in Mountain. Weight on left foot. Bend right knee. Clasp right ankle. Set right foot on chair. Resist with left leg. Hands in Anjali Mudra. Gaze at a fixed point. Repeat on other side.</p> <p>Alternatives: Tree to side of chair (hold on to chair with hands)</p> <p>Benefits: Balance. Sciatica. Strengthens and stretches legs.</p> <p>Video: https://www.youtube.com/embed/-ptRRw1n3B0?rel=0</p> <p>Modifications: Close eyes.</p>
	Chair Triangle	<p>Stand to side of chair. Step feet wide. Hands on hips. Turn right foot 90 degrees. Turn back foot 45 degrees. Exhale, place hand on seat and reach arm up. Look up at hand.</p> <p>Benefits: Eases sciatic pain. Strengthens legs. Enlivens hips. Stretches torso.</p> <p>Video: https://www.youtube.com/embed/6-HnZYRhW0?rel=0</p>
	Chair Bridge	<p>Lie on floor with feet on chair. Lift your hips, and extend arms beside you on floor, palms up. Straighten your legs on the chair, tuck chin to chest. Bend knees, press feet into chair and lower hips. Repeat.</p> <p>Benefits: Stretches chest, neck, spine. Rejuvenates legs. Reduces backache.</p> <p>Video: https://www.youtube.com/embed/rIjm6t1AWiw?rel=0</p> <p>Modifications: A) Lift hips an inch off floor to start small. B) Clasp hands under back to open shoulders. C) Extend one leg toward ceiling while hips stay lifted.</p>
	Chair Supine Legs Up	<p>Lie beside chair. Lift legs onto chair. Relax legs, arms and shoulders. Take deep breaths.</p> <p>Alternatives: Legs up wall.</p> <p>Benefits: Circulation. Relieves tired legs.</p> <p>Video: https://www.youtube.com/embed/LjgJw5ZGQzY?rel=0</p>

Lesson Plan Description:

Chair yoga is good for all students, not just those with disabilities, weight challenges, inflexibility, or who just cannot get on the floor for whatever reason (such as age or being in a crowded work environment). The chair replaces the yoga mat and becomes an extension of your body allowing you to take full advantage of yoga's health potential - the integration of body, mind, and spirit. -

This lesson plan has over 30 chair yoga exercises. It's good to learn a few of them so that when you find yourself sitting in a chair for longer than 15 minutes without moving (e.g. staring at a computer screen), you can recharge your batteries by practicing a chair yoga pose.

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