

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


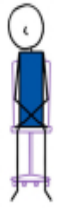


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	Chair Shrugs	<p>Sit up tall on front of chair. Feet firmly grounded. Hands on thighs. Hunch shoulders towards ears. Hold. Release with a deep exhale. On each exhale, feel the tension melting from your shoulders like butter on a hot day.</p> <p>Benefits: 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 Arms Up	<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>





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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>Alternatives: One arm overhead.</p> <p>Benefits: Stretches side of body.</p> <p>Video: https://www.youtube.com/embed/HPGblhyVvWg?rel=0</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>Alternatives: Rotate foot in circles.</p> <p>Benefits: Ankle stretch.</p> <p>Video: https://www.youtube.com/embed/uEYvmHg3Pw0</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>

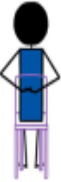
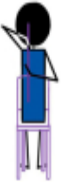
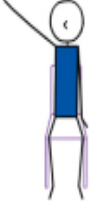
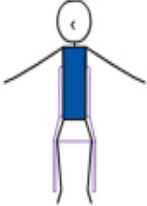

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	Chair Shoulder Stretch III	Sit on front of chair. Feet firmly grounded. Bring arms behind chair and clasp wrists. Benefits: Shoulder Stretch. Video: https://www.youtube.com/embed/SCsWtx9K3tg
	Chair Shoulder Stretch I	Sit on chair with a yoga strap. 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 Lift	Sit on chair. Feet shoulder width apart. Sit straight. Feet grounded. Gently engage core muscles. Lift arms to sides. Benefits: Strengthen arms, core. Video: https://www.youtube.com/embed/_iNUzJnd7YY
	Chair Chest Opener	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. Benefits: Flexes spine. Opens chest. Stretches shoulders. Video: https://www.youtube.com/embed/21cKXDUwDxc?start=23



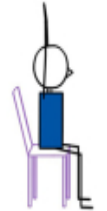
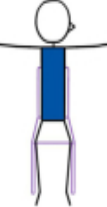
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	Chair Forward Bend I	<p>Sit on a chair with legs apart. Bend forward. Let back round over. Lower torso towards thighs. Rest backs of hands on the floor under the chair. Let the head hang down.</p> <p>Alternatives: A) Come halfway down. B) Include a gentle twist.</p> <p>Benefits: Core workout. Lower back stretch.</p> <p>Video: https://www.youtube.com/embed/4G-DTlbYE1Q?rel=0</p>
	Chair Big Toe Hold	<p>Sit on front of chair. Ground feet into floor. Pull belly in. Raise right leg and take hold of big toe by grasping fingers around it. Keep back as straight as possible by engaging your core. Repeat on other leg.</p> <p>Benefits: Strengthens legs. Engages core.</p> <p>Video: https://www.youtube.com/embed/k4ST1j9PfrA</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>
	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>

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	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: Cradle baby (hold onto leg and bring towards chest).</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>
	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>




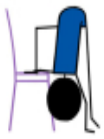

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	Chair Leg Lift	Sit up tall on chair with shoulders back. Pull belly in. Raise right leg. Bring leg down. Raise left leg. Bring leg down. Repeat. Benefits: Strengthens legs. Video: https://www.youtube.com/embed/q2uUoS3uTGw?start=4
	Chair Pigeon	Sit on chair. Swing right knee underneath. Take hold of right foot. Repeat on left leg. Benefits: Quad stretch (tight from sitting). Video: https://www.youtube.com/embed/FzMKJcf_7x8?rel=0 Precautions : Knee injury.
	Chair Ribs To Thighs	Sit on chair with legs apart. Hands on knees. Lower ribs towards thighs. Engage core. Gaze at floor (between your feet). Alternatives: Gentle twist to right and left. Benefits: Ab workout. Lower back stretch. Video: https://www.youtube.com/embed/QRKGOUJILs
	Chair Hip Stretch Standing	Stand next to chair. Place right foot on chair and come into a forward bend. Let back round over. Let head hang down. Repeat on left leg. Benefits: Abdominal workout. Leg stretch. Lower backstretch.
	Chair Hamstring Lift	Stand behind chair. Hold onto chair. Ground right foot into the floor and lift left foot. Repeat on other leg. Benefits: Hamstring stretch. Video: https://www.youtube.com/embed/MNbwlsggKLC





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	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. Hold onto chair. Place right foot on chair (to deepen stretch flex toes towards you). Repeat on other leg.</p> <p>Benefits: Hamstring stretch.</p> <p>Video: https://www.youtube.com/embed/xfDTXqvTNyc</p>
	Chair Plank	<p>Face seat. Step back with both feet holding onto chair. Bend knees. Keep length in spine. Move into high plank. Keep moving between down dog to plank. 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 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>

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	Chair Down Dog Standing	<p>Face seat. Step back with both feet holding onto chair. Bend knees. Keep length in spine. To exit walk forward.</p> <p>Benefits: Stretches spine, hams, shoulders.</p> <p>Video: https://www.youtube.com/embed/llwgQzYYJ-4?rel=0</p> <p>Precautions : Pregnant. High blood pressure. Headache.</p>
	Chair Shoulder Stretch II	<p>Kneel in front of chair. Bring one elbow at a time onto chair. Sink chest towards ground.</p> <p>Benefits: Shoulder stretch.</p> <p>Video: https://www.youtube.com/embed/07BCjWbZi04</p>
	Chair One Leg Balance	<p>Stand by the side of the chair. Lift left leg and bring arms up. Balance. Switch legs.</p> <p>Benefits: Improves balance. Strengthens legs.</p> <p>Video: https://www.youtube.com/embed/tTQ5QG7rR-s?start=155</p> <p>Precautions : Leg injury.</p>
	Chair Sit Ups	<p>Sit on front of chair. Feet firmly grounded. Hands on thighs. Engage core. Stand up. Repeat.</p> <p>Benefits: Strengthens and stretches quads, hamstrings, and buttocks.</p> <p>Video: https://www.youtube.com/embed/tj0IQeps4R0</p> <p>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.</p>



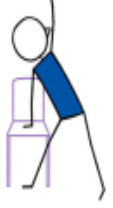


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	Chair Squat I	<p>Stand behind chair. Feet a little wider than hip distance. Place hands on top of chair. Look straight ahead finding a gazing point on the wall or floor. If your balance is ok, bring arms straight out in front, parallel to floor with palms facing each other. Inhaling, bend knees to lower into a squat. To come back to standing, exhale as you push into the heels.</p> <p>Benefits: Leg strength. Increases flexibility in hips, knees.</p> <p>Video: https://www.youtube.com/embed/PnBAFXdXX2s</p> <p>Modifications: Stand in front of chair.</p>
	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>

Image	Pose	Description
	<p>Chair Bridge</p>	<p>Take strap and place around centre of thighs (firm but not too tight). Come to floor and place feet on front of chair. Press down to raise hips and place block vertically under buttocks. Arms to side with palms facing up. Straighten legs (supported by chair). Chin in towards chest. To come out of pose, bend legs, press feet into chair, remove block, lower hips to floor.</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: Folded blanket on chair.</p>
	<p>Chair Supine Legs Up</p>	<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](#)