Chair Yoga For Seniors

Image	Pose	Description
	Chair Heart Centre	Sit on front of chair. Feet grounded. Palms together over heart. **Benefits:** Calming. **Video:** https://www.youtube.com/embed/Cz0RPzpPHTA
	Chair Up Dog	Sit on front of chair. Feet grounded. Palms on thighs. Arch back. Look up. Feel stretch in front of neck. Engage core. **Benefits:** Strengthens spine, arms, wrists. Stretches chest, lungs, shoulders, abs. **Video:** https://www.youtube.com/embed/Cz0RPzpPHTA
	Chair Air Pushup	Sit on front of chair. Feet grounded. Push arms away from you (parallel to floor). Engage core. **Benefits:** Strengthens arms. Engages core. **Video:** https://www.youtube.com/embed/Cz0RPzpPHTA **Modifications:** A) Only push arms halfway out. B) Add a flick of wrists at end of each push. C) Turn palms up as you push. D) Add three tiny pulses at end of each push.
	Chair Side Bend I	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. **Benefits:** Stretches side of body. **Video:** https://www.youtube.com/embed/CPQvOQiwIRI?si=wtLVP9FWXxCs7wM_ **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.

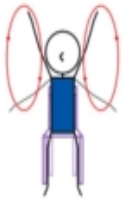
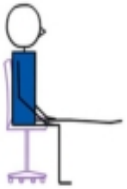
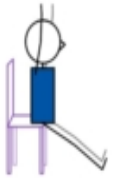
Image	Pose	Description
	Chair Arm Circles	Sit on chair. Circle arms clockwise. Circle arms anti-clockwise. **Benefits:** Shoulder stretch **Video:** https://www.youtube.com/embed/P4Sl5IuoZG0 **Modifications:** A) Keep elbows bent and circle only from wrists. B) Do shoulder rolls instead. C) Elbow circles. D) Slow-Mo circles. E) Point thumbs upward while circling. **Precautions :** Shoulder pain.
	Chair Ankle Curl	Sit on front of chair. Ground feet firmly. Lift left leg straight in front of you. Stretch toes up, down and around. Switch legs. **Benefits:** Ankle stretch. **Video:** https://www.youtube.com/embed/s5KHe6NbFOo?si=l9fByqLRnqQ-nL5k **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.
	Chair Down Dog Arms Up	Sit on front of chair and focus on a point ahead. Inhale. On exhale, extend legs out in front of you with heels on floor and raise arms above head. Lower arms, draw legs back in and repeat. **Benefits:** Strengthens arms. Engages core. **Video:** https://www.youtube.com/embed/Cz0RPzpPHTA **Modifications:** A) Extend legs only slightly to maintain control. B) Interlace fingers overhead and stretch palms to sky. C) Hover heels an inch off floor for more leg engagement.

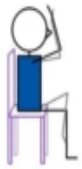
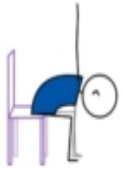
Image	Pose	Description
	Chair Eagle	Sit tall on the front of chair. Plant feet firmly. Cross right leg over left. Fix gaze ahead. Lift arms to shoulder height. Cross right arm over left. Bend elbows and place palms together. Repeat on other side. **Benefits:** Release tight shoulders. **Video:** https://www.youtube.com/embed/YF8proB938U **Modifications:** A) Keep both feet on floor for a simplified version. B) Lift toes of grounded foot to challenge stability. C) Fold gently at hips while in full Eagle.
	Chair Arms Heel Lift	Sit tall on front of chair. Plant feet firmly. Lean forward. Lift arms away from you parallel to floor. Pull belly in. Raise heels so only toes touch floor. Lower arms and heels and repeat. **Benefits:** Strengthens arms, legs, heels. Engages core. **Video:** https://www.youtube.com/embed/Cz0RPzpPHTA **Modifications:** A) Lift just one heel at a time. B) Hold arms and keep heels lifted for 2–3 breaths. C) Lift one heel, then the other in a quick march.
	Chair Twist Fold Right	Sit on chair with legs apart. Bend forward. Let back round over. Lower torso towards thighs. Keep left hand on floor and twist to right while raising right arm to ceiling. **Benefits:** Strengthens arms. Engages core. Relieves back pain. Detoxifying. **Video:** https://www.youtube.com/embed/Cz0RPzpPHTA **Modifications:** A) Elbow rests on thigh for extra support, B) Hold twist for three deep breaths, spine long. C) Bind top arm behind back, deepen twist gradually.

Image	Pose	Description
	Chair Twist Fold Left	Sit on chair with legs apart. Bend forward. Let back round over. Lower torso towards thighs. Keep right hand on floor and twist to left while raising left arm to ceiling. **Benefits:** Strengthens arms. Engages core. Relieves back pain. Detoxifying. **Video:** https://www.youtube.com/embed/Cz0RPzpPHTA
	Chair Arms Up Toes Up	Sit on front of chair. Feet grounded. Lean forward. Push arms away from you (parallel to floor). Engage core. Raise toes up (heels remain on mat). Spread toes. **Benefits:** Strengthens arms, legs, heels, toes. Engages core. **Video:** https://www.youtube.com/embed/Cz0RPzpPHTA
	Chair Blast Offs	Sit tall on front of chair. Plant your feet firmly. Cross arms over chest. Pull belly in. Stand up. Sit down. Repeat. **Benefits:** Strengthens arms, legs, buttocks. Engages core. **Video:** https://www.youtube.com/embed/Cz0RPzpPHTA **Modifications:** A) Come halfway up, then lower. B) Pause at top for 2–3 breaths before lowering. C) Do full motion with eyes closed to test balance.
	Chair Lunge I	Sit on front of chair with hands on thighs. Raise heels slightly off floor so you can swivel, then twist hips and legs to the right and then left in one smooth movement. **Benefits:** Loosens up legs and waist. **Video:** https://www.youtube.com/embed/Cz0RPzpPHTA **Modifications:** A) Keep heels grounded while rotating knees side to side. B) Allow thighs and knees to turn further to each side. C) Look behind you as you swivel for maximum rotation.

Image	Pose	Description
	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

Lesson Plan Description:

This short sequence is beneficial for anyone who sits on a chair for long periods of time, for people with mobility issues, for the elderly, and for people with disabilities.

Benefits of Chair Yoga For Seniors

1. Improved Strength

Elderly people will 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 undertake activities that they have been unable to, such as reaching down to tie shoe laces 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 older adults 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 feeling of happiness and well-being.

5. Opportunities to socialise

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

6. Improved pain management

Chair yoga includes breath work, which can help people not only with stress management but also in 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